

# Eastlink Centre Drop-in Aquatics Fitness Classes

December 4 – 23, 2023 & January 8 – March 3, 2024

## Aquatics Closures

January 28: 7 p.m. – 9 p.m.

February closures TBD

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m. – 6:50 a.m.		Aqua Deep 50M		Aqua Deep 50M	
8:05 a.m. – 8:55 a.m.		Aqua Shallow 25M	Aqua Deep 50M	Aqua Shallow 25M	50/50 Lazy River/Shallow/Deep
9:05 a.m. – 9:55 a.m.	Aqua Deep 50M	River Walk Lazy River	River Walk Lazy River	River Walk Lazy River	Mind/Body Lazy River
10:10 a.m. – 10:55 a.m.	Seniors Shallow 25M		Seniors Shallow 25M		Seniors Shallow 25M
11:05 a.m. – 11:55 p.m.	Seniors Deep 50M	Aqua Ease Lazy River	Seniors Deep 50M	Aqua Ease Lazy River	Seniors Deep 50M Aqua Ease Lazy River
12 p.m. – 12:50 p.m.	Lunch Bootcamp 50M	Baby & Me Lazy River	Lunch Bootcamp 50M	Baby & Me Lazy River	
5 p.m. – 5:50 p.m.	Aqua Deep 50M		Aqua Deep 50M		
8 p.m. – 8:55 p.m.		Shallow Bootcamp 25M		Shallow Bootcamp 25M	

**Hours are based on current availability and are subject to change.**

**Statutory holidays affect facility hours, please visit [cityofgp.com](http://cityofgp.com) for holiday hours.**

For more information, contact the Eastlink Centre team at 780-538-0300 or [info@cityofgp.com](mailto:info@cityofgp.com)





# Eastlink Centre Drop-in Aquatic Class Descriptions

Dec. 4 – 23, 2023 &  
Jan. 8 – Mar. 3, 2024

**Aqua Deep:** A little bit of everything; cardio, endurance, strength, and flexibility training. Participants work through various movements to keep the workout interesting and challenging. This class is held in deep water, a flotation belt is available.

**Aqua Ease:** This is a specialty class for those participants with mobility issues, balance issues or are looking for a gentle fitness class. Increased flexibility and range of motion are benefits of attending.

**Aqua Shallow:** A little bit of everything; cardio, endurance, strength, and flexibility training. Participants work through various movements to keep the workout interesting and challenging.

**Baby & Me:** Helping parents maintain and enjoy fitness as they exercise with their baby. Using movement, music, water play and functional exercise to facilitate parentchild bonding time with exercise. We ask for the safety of all, no older siblings will be permitted.

**Lunch Bootcamp:** A no-impact and high intensity program which emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deeper water of the pool and participants will use flotation belts. No swimming skills are necessary.

**Mind/Body:** A gentle, low impact aquatic fitness class. This class uses water to decrease gravity as the instructor takes you through a series of exercise and stretches focusing on relaxation to allow a deeper stretch.

**River Walking:** This class is an excellent cardio and resistance training exercise option. It can help strengthen and tone many muscle groups, while being gentle on your bones and joints.

**Seniors Deep:** This class is suitable for older adults. Various movements benefitting the whole body with cardio, endurance, strength, and flexibility. This class occurs in the deep water with a flotation belt.

**Seniors Shallow:** This class is suitable for older adults. Various movements benefitting the whole body with cardio, endurance, strength and flexibility.

**Shallow Boot Camp:** A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

**50/50:** This class can be a combination of cardio, strength with use of equipment, as well as deep stretching. Starting in the Lazy River and moving to the deeper water halfway through the class (Programming Pool or Competitive Pool).

**No classes on statutory holidays**

For more information, contact the Eastlink Centre team at 780-830-5000 or [info@cityofgp.com](mailto:info@cityofgp.com)