

Eastlink Centre Drop-in Dryland Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eastlink Centre Hours	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	8 a.m. – 9 p.m.
6 a.m. – 7 a.m.	Strength <i>L. Fitness Studio</i>	Cycle <i>Cycle Studio</i>	HIIT <i>L. Fitness Studio</i>	Strength <i>South Concourse</i>	Yoga <i>S. Fitness Studio</i>	
9 a.m. – 10 a.m.	Essentrics™ <i>L. Fitness Studio</i>	Functional Fit <i>L. Fitness Studio</i>	Essentrics™ <i>L. Fitness Studio</i>	Functional Fit <i>L. Fitness Studio</i>	Essentrics™ <i>L. Fitness Studio</i>	
9:15 a.m. – 10:15 a.m.	Cycle <i>Cycle Studio</i>	TBC <i>S. Fitness Studio</i>	Barre <i>S. Fitness Studio</i>	TBC <i>S. Fitness Studio</i>	Cycle <i>Cycle Studio</i>	
10:30 a.m. – 11:30 a.m.	Old School Lifting <i>L. Fitness Studio</i> Baby & Me <i>South Concourse</i>	Essentrics™ <i>S. Fitness Studio</i>	Baby & Me <i>South Concourse</i>	Yoga <i>S. Fitness Studio</i>	Old School Lifting <i>L. Fitness Studio</i>	Essentrics™ <i>S. Fitness Studio</i>
11:30 a.m. – 12:30 p.m.	Low Impact Conditioning <i>S. Fitness Studio</i>		Low Impact Conditioning <i>S. Fitness Studio</i>		Low Impact Conditioning <i>S. Fitness Studio</i>	
4:15 p.m. – 5:15 p.m.	Strength <i>L. Fitness Studio</i>	Boot Camp <i>South Concourse</i>	Strength <i>South Concourse</i>	Boot Camp <i>L. Fitness Studio</i>		
5:30 p.m. – 6:30 p.m.	Cycle* <i>Cycle Studio</i>		Essentrics™ <i>S. Fitness Studio</i>			
7 p.m. – 8 p.m.		Boot Camp <i>S. Concourse</i>				
8 p.m. – 9 p.m.		Gentle Yoga <i>S. Fitness Studio</i>				

* Classes are 45 minutes.

Hours are based on current availability and are subject to change. | No classes on statutory holidays, please visit cityofgp.com for holiday hours. | No classes December 23, 2023

For more information, contact the City of Grande Prairie at 780-538-0300 (311) or info@cityofgp.com | Updated as of: November 28, 2023

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Baby & Me: Bring you and your baby in a stroller. This class will be on the Second Floor South Concourse, so the babies have lots of movement in their stroller. We ask for the safety of all, no older siblings will be permitted.

Essentrics™ Connective Tissue: This class is offered during the aquatics shutdown in place of Aqua Ease. Gentle, continuous full body Essentrics™ connective tissue workout to increase freedom of movement, improve balance and posture and unlock greater range of motion and muscle strength. Pace is slow to moderate and for all fitness levels. Please bring a yoga mat.

Barre: Low impact strength workout with elements of resistance training, pilates, yoga and core conditioning.

Boot Camp: A variety of exercises that encourage muscular strength and endurance.

Conditioning: Build your cardiovascular endurance through different, continuous movement.

Cycle: Increasing your cardiovascular system using an upright, stationary bike.

Essentrics™: A full body, non-impact workout designed to release tight muscles and joints to increase strength and flexibility. Designed for all ages and fitness levels, this dynamic strengthening and stretching program can help improve posture and boost mobility and balance to feel strong, healthy, and pain free.

Functional Fitness: This class is designed for older adults looking for fun, physical activity to maintain independence. The use of various equipment such as fitness balls, bands, and hand weights to help build strength, endurance, and flexibility.

Gentle Yoga: It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.

HIIT (High Intensity Interval Training): different timed intervals will be used to take you to the max!

Old School Lifting: Get back to the basics with traditional strength training. Working all major muscle groups with a variety of free weights. Focusing on compound and isolation exercises with slow and controlled movements. A great way to define, sculpt and build muscle mass.

Strength: Create lean body mass through weight and/or body weight training

TBC (Total Body Conditioning): In this class you will enjoy a variety of fitness equipment and movements that promise to deliver results.

Yoga: This class will restore balance by helping to strengthen your body, calm your mind, regain your focus and improve self-confidence.