

DROP-IN DRYLAND FITNESS CLASSES

June 24 – August 31, 2026

Facility Closures

July 1 (Canada Day): Closed
August 3 (Heritage Day): Closed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m. – 7 a.m.		Built to Move L. Fitness Studio			Dynamic Flex & Strength L. Fitness Studio	
9 a.m. – 10 a.m.	Spin Fusion Cycle Studio	New! Body Flow L. Fitness Studio		New! Body Flow L. Fitness Studio		New! Body Flow L. Fitness Studio
9:15 a.m. – 10:15 a.m.	Dynamic Flex & Strength L. Fitness Studio	New! Baby & Me EMP Room	TBC EMP Room	Cycle Rush Cycle Studio	TBC EMP Room	
10:30 a.m. – 11:30 a.m.		Strength & Stability L. Fitness Studio		Strength & Stability L. Fitness Studio	Gentle Restorative Yoga L. Fitness Studio	New! Hatha Yoga L. Fitness Studio
12 p.m. – 1 p.m.			Chair Yoga L. Fitness Studio		New! Zumba Gold L. Fitness Studio	
6:30 p.m. – 7:30 p.m.		Rhythm Ride Cycle Studio	Yoga S. Fitness Studio	Boot Camp S. Concourse	Triple Fusion L. Fitness Studio	

Hours are based on current availability and are subject to change | For holiday hours visit cityofgp.com

For more information, contact the City of Grande Prairie at **780-538-0300 (311)** or info@cityofgp.com

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Ages 13 years + welcome | Updated June 30, 2026



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Baby & Me: Stay active while spending quality time with your little one in this fun, supportive class designed for parents and babies. Baby & Me Fitness combines gentle, effective exercises with interactive moments that keep your baby close, engaged and part of the experience.

NEW! Body Flow: Move with intention, build strength and unlock a new level of body control in this dynamic, feel-good class. Body Flow blends slow, controlled movements with purposeful stretching under tension—helping you lengthen and strengthen muscles at the same time. Perfect for all fitness levels.

Boot Camp: These classes seamlessly combine cardiovascular exercises, strength training, and functional movements in a fast-paced and energetic setting.

Built to Move: A full-body class that helps people move better while getting stronger. Less about just burning calories, more about building a body that feels good and works well.

Chair Yoga: A gentle form of Yoga practiced while sitting on or using a chair for support. It's designed for people with limited mobility, balance challenges, or those preferring a low-impact workout. Chair Yoga includes stretches, breathing exercises, and relaxation techniques, all without needing to get down on the floor.

Cycle Rush: Incorporates our exclusive ICG® Connect / My Ride system Strap in for Cycle Rush, an energizing ride where sweat meets smile! This high-intensity indoor cycling class takes you on a journey through scenic virtual terrain, with a live leaderboard on screen to fuel your motivation. You'll chase the leader, push up virtual mountains, and roll through energizing intervals of HIIT and Tabata-style sprints.

Dynamix Flex & Strength: This full-body fitness class is designed to improve flexibility, build functional strength, and enhance overall mobility. Each session features dynamic workouts using varying types of equipment.

Gentle Restorative Yoga: This full-body stretch class is designed to complement strength training by improving flexibility, mobility, and recovery. Participants will also explore breath work techniques and finish with Savasana for relaxation and restoration.

Hatha Yoga: Great for focusing on individual Yoga postures and breath, enhancing strength, flexibility and balance without flowing links between postures. Recommended for beginners, seniors and anyone at any level interested in focusing on a slower pace without flowing transitions from one posture to the next.

Rhythm Ride: Ride to the beat in this high-energy, music driven cycle class. Expect choreographed movements, heavy drops, and full-body cardio on the bike. This rhythm-based ride will challenge your endurance, strength, and mindset, all set to an epic playlist. All levels are welcome – come as you are, ride to your rhythm, and leave stronger.

Spin Fusion: The perfect combination of cardio and strength training for a full-body workout experience. Start with a 45-minute spin session that will push your limits, build endurance, and get your heart racing. Then transition into a 30-minute burner, targeting key muscle groups like glutes and abs, for a sculpted and toned finish.

Strength: This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance.

Strength & Stability: Through controlled, purposeful movements, you'll challenge your muscles and engage your core while improving balance, posture, and coordination. Expect to feel grounded, strong, and confident as you develop the stability that supports better movement in everyday life and in every workout that follows.

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

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Tripe Fusion: Fire up your full body in this balanced 20/20/20 format designed to build strength, boost endurance, and enhance mobility. Start with targeted strength work, shift into energizing cardio, and finish with core conditioning and a rejuvenating stretch. A complete workout for all fitness levels.

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

Zumba®: An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Zumba Gold: Get moving, stay energized and have fun in this lower-impact version of the classic Zumba class! Zumba Gold is designed for beginners, older adults or anyone looking for a gentler, easy-to-follow workout without sacrificing the upbeat music and lively atmosphere. No dance experience needed—just come ready to move, smile and leave feeling refreshed and uplifted!

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DROP-IN DRYLAND FITNESS CLASSES

September 1 – December 20, 2026

Facility Impacts

September 7 (Labour Day): No Classes
 September 30 (Truth & Reconciliation): No Classes
 October 12 (Thanksgiving): No Classes
 November 11 (Remembrance Day): No Classes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m. – 7 a.m.		Dynamic Flex & Strength L. Fitness Studio		Boot Camp S. Concourse		
9 a.m. – 10 a.m.	Dynamic Flex & Strength L. Fitness Studio	Essentrics Foundations L. Fitness Studio	Functional Fitness L. Fitness Studio	Essentrics Foundations L. Fitness Studio	Functional Fitness L. Fitness Studio	Essentrics Foundations L. Fitness Studio
	Spin Fusion Cycle Studio	New! Essentrics Active EMP Room	TBC EMP Room	New! Essentrics Active EMP Room	TBC EMP Room	New! Essentrics Active EMP Room
		Cycle Mix Cycle Studio				Rhythm Ride Cycle Studio
10:30 a.m. – 11:30 a.m.		Strength & Stability L. Fitness Studio	Baby & Me L. Fitness Studio	New! Interval Training L. Fitness Studio	Gentle Restorative Yoga L. Fitness Studio	Strength & Stability L. Fitness Studio
12 p.m. – 1 p.m.			Chair Yoga L. Fitness Studio			
5:30 p.m. – 6:30 p.m.		Weights Only L. Fitness Studio	Fusion Flow L. Fitness Studio	Weights Only L. Fitness Studio	Fusion Flow L. Fitness Studio	
7 p.m. – 8 p.m.		Rhythm Ride Cycle Studio	DDP Yoga L. Fitness Studio	Boot Camp S. Concourse Vinyasa Flow S. Fitness Studio	Gentle Restorative Yoga L. Fitness Studio	

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Baby & Me: Stay active while spending quality time with your little one in this fun, supportive class designed for parents and babies. Baby & Me Fitness combines gentle, effective exercises with interactive moments that keep your baby close, engaged and part of the experience.

Boot Camp: These classes seamlessly combine cardiovascular exercises, strength training, and functional movements in a fast-paced and energetic setting.

Chair Yoga: A gentle form of Yoga practiced while sitting on or using a chair for support. It's designed for people with limited mobility, balance challenges, or those preferring a low-impact workout. Chair Yoga includes stretches, breathing exercises, and relaxation techniques, all without needing to get down on the floor.

Cycle Mix: This class fuses high-energy cycling along with some strength & stretching into one powerhouse session. Torch calories on the bike, sculpt with weights off the bike then slow down with a deep satisfying stretch. Its cardio, strength, and recovery -all in one ride. Come for the sweat, stay for the stretch. Let's roll!

DDP Yoga: A low-impact fitness program that combines traditional yoga positions with dynamic resistance, strength, flexibility, balance and cardio — with no running, jumping or complicated equipment. Whether you're looking to improve flexibility and mobility, build strength, increase your heart rate, or simply move and feel better, DDP Yoga gives you the ability to make the workout your own. Every movement can be modified to make it easier or more challenging, making DDP Yoga accessible to a wide range of ages and fitness levels.

Dynamix Flex & Strength: This full-body fitness class is designed to improve flexibility, build functional strength, and enhance overall mobility. Each session features dynamic workouts using varying types of equipment.

Essentrics Foundations: Enjoy a gentle, full-body, non-impact workout designed to improve mobility, flexibility, posture, and functional strength. Through a combination of dynamic stretching and controlled strengthening movements, you'll release tight muscles and joints while improving balance, range of motion, and overall ease of movement. With minimal transitions to and from the floor and a slower, easy-to-follow pace, this class is ideal for those new to Essentrics, returning to exercise, or anyone looking to move with greater comfort and confidence. Suitable for all ages, fitness levels, and beginner to intermediate participants.

Essentrics Active: A dynamic, full-body, non-impact workout that combines flowing strengthening and stretching movements to improve flexibility, mobility, balance, and posture. This energizing class incorporates a variety of positions, including standing, seated, and floor-based exercises, creating a more active and challenging experience while remaining accessible to a wide range of fitness levels.

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, resistance bands, and hand weights to help build strength, endurance and flexibility.

Fusion Flow: Experience the best of multiple training styles in one balanced workout. Fusion Flow combines yoga-inspired movement, functional strength, core conditioning, balance, and mobility exercises to create a full-body workout that leaves you feeling strong, energized, and refreshed. Flow seamlessly between strength-building sequences and mindful stretching while improving flexibility, stability, posture, and overall functional fitness. Suitable for a variety of fitness levels, with options provided to match your comfort and ability.

Gentle Restorative Yoga: This full-body stretch class is designed to complement strength training by improving flexibility, mobility, and recovery. Participants will also explore breath work techniques and finish with Savasana for relaxation and restoration.

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Interval Training: Boost your fitness with this energizing, full-body workout that alternates between periods of high-intensity effort and active recovery. Using a variety of equipment and functional exercises, you'll improve cardiovascular endurance, build strength, and increase overall fitness in a motivating, supportive environment. Every workout can be modified to suit your fitness level, making this class suitable for beginners and experienced participants alike. Come ready to challenge yourself, have fun, and leave feeling stronger and more energized!

Rhythm Ride: Ride to the beat in this high-energy, music driven cycle class. Expect choreographed movements, heavy drops, and full-body cardio on the bike. This rhythm-based ride will challenge your endurance, strength, and mindset, all set to an epic playlist. All levels are welcome – come as you are, ride to your rhythm, and leave stronger.

Spin Fusion: Meet the perfect combination of cardio and strength training for a full body experience. Start with a 30 minute spin session that will push your limits, build endurance, and get your heart racing. Then transition to a 30 minute burner, targeting key muscle groups for a sculpted toned finish.

Strength & Stability: Through controlled, purposeful movements, you'll challenge your muscles and engage your core while improving balance, posture, and coordination. Expect to feel grounded, strong, and confident as you develop the stability that supports better movement in everyday life and in every workout that follows.

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

Vinyasa Flow: Move with breath, build strength, and find your flow in this energizing yoga class. Vinyasa Flow links postures together through smooth, continuous movement to improve strength, flexibility, balance, and cardiovascular endurance. Expect creative sequences that build heat, challenge your body, and leave you feeling strong, refreshed, and centered. Modifications are offered throughout the class, making it suitable for a variety of experience levels while providing opportunities for those looking to deepen their practice.

Weights Only: 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.

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