

HOLIDAY DROP-IN DRYLAND FITNESS CLASSES

December 22, 2025 – January 4, 2026

Facility Impacts

Dec. 24, 25, 26 & 31: No Classes

Jan. 1: No Classes

	Monday Dec. 22	Tuesday Dec. 23	Wednesday Dec. 24	Thursday Dec. 25	Friday Dec. 26
6 a.m. – 7 a.m.		Frosty Flow Yoga S. Fitness Studio	No Classes	No Classes	No Classes
9 a.m. – 10 a.m.	Essentrics™ L. Fitness Studio	Functional Fitness L. Fitness Studio			
9:15 a.m. – 10:15 a.m.	Cycle Rush Cycle Studio	TBC EMP Room			
10:30 a.m. – 11:30 a.m.	Weights Only L. Fitness Studio	Essentrics™ L. Fitness Studio			
4 p.m. – 5 p.m.		The Great North Pole Family Challenge L. Fitness Studio			
5:30 p.m. – 6:30 p.m.	Winter Warm-Up Flow S. Fitness Studio				
7 p.m. – 8 p.m.	Holiday Hustle Bootcamp S. Concourse	Sleigh It HIIT L. Fitness Studio			

	Monday Dec. 29	Tuesday Dec. 30	Wednesday Dec. 31	Thursday Jan. 1	Friday Jan. 2
6 a.m. – 7 a.m.		Frosty Flow Yoga S. Fitness Studio	No Classes	No Classes	
9 a.m. – 10 a.m.	Essentrics™ L. Fitness Studio	Functional Fitness L. Fitness Studio			Essentrics™ L. Fitness Studio
9:15 a.m. – 10:15 a.m.	Cycle Rush Cycle Studio	TBC EMP Room			Cycle Rush Cycle Studio
10:30 a.m. – 11:30 a.m.	Weights Only L. Fitness Studio	Essentrics™ L. Fitness Studio			Weights Only L. Fitness Studio
4 p.m. – 5 p.m.		The Great North Pole Family Challenge L. Fitness Studio			
5:30 p.m. – 6:30 p.m.	Winter Warm-Up Flow S. Fitness Studio				
7 p.m. – 8 p.m.	Holiday Hustle Bootcamp S. Concourse	Sleigh It HIIT L. Fitness Studio			

Hours are based on current availability and are subject to change | No classes on statutory holidays, for holiday hours visit cityofgp.com
Ages 13 years + welcome | For more information, contact the City of Grande Prairie at 780-538-0300 (311) or info@cityofgp.com
For real time updates on availability of classes, please visit cityofgp.com/parks-recreation/online-booking-portal | Updated Dec. 10, 2025



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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.

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.

Frosty Flow Yoga: Turn up the heat this holiday season. This energizing power vinyasa blends strength, balance, and breath for a spirited full-body flow. Expect dynamic movement, fiery core work, and cool-down moments that leave you strong, centered, and ready to shine all winter long.

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.

Holiday Hustle Bootcamp: Get your sweat on and your spirit bright. This festive full-body bootcamp mixes strength, cardio, and holiday cheer to keep you hustling through the season. Tinsel, tunes, and total burn guaranteed.

Sleigh It HIIT: Torch calories and crush your goals in this high-energy, holiday-inspired HIIT workout. Expect festive beats, fast paced intervals, and serious sweat – you'll sleigh every move and leave feeling merry and mighty.

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.

The Great North Pole Family Challenge (10 years and up): Step into Santa's elite training squad! In this festive, family-focused fitness adventure, your team will warm up with playful North Pole games, train the reindeer with agility and movement drills, and take on snowy strength challenges inspired by life at the North Pole. Expect laughter, teamwork, and a full-body workout that delivers real results.

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.

Winter Warm-Up Flow: Build heat, strength, and cheer as you flow through dynamic sequences designed to chase away the chill. With upbeat music and cozy festive vibes, this class will leave you feeling powerful, present, and ready to embrace the season.