

DROP-IN DRYLAND FITNESS CLASSES

June 4 – 23, 2026

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

For real time updates on availability of classes, please visit cityofgp.com/booking

Ages 13 years + welcome | Updated May 22, 2026



DROP-IN DRYLAND FITNESS CLASSES

June 4 – 23, 2026

NEW! 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.

Barre & Fitness Mix: Low impact strength workout with elements of resistance training, Pilates, Yoga and core conditioning.

NEW! 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.

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 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.

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.

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.

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.

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

For real time updates on availability of classes, please visit cityofgp.com/booking

Ages 13 years + welcome | Updated May 22, 2026



DROP-IN DRYLAND FITNESS CLASSES

June 4 – 23, 2026

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.

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.

NEW! 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!

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

For real time updates on availability of classes, please visit cityofgp.com/booking

Ages 13 years + welcome | Updated May 22, 2026



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 EMP Room	
6:30 p.m. – 7:30 p.m.		Rhythm Ride Cycle Studio	Yoga L. 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

For real time updates on availability of classes, please visit cityofgp.com/booking

Ages 13 years + welcome | Updated May 22, 2026



DROP-IN DRYLAND FITNESS CLASSES

June 24 – August 31, 2026

Facility Closures

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

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.

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

For real time updates on availability of classes, please visit cityofgp.com/booking

Ages 13 years + welcome | Updated May 22, 2026



DROP-IN DRYLAND FITNESS CLASSES

June 24 – August 31, 2026

Facility Closures

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

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!

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

For real time updates on availability of classes, please visit cityofgp.com/booking

Ages 13 years + welcome | Updated May 22, 2026

