

DROP-IN DRYLAND FITNESS CLASSES

March 2 – June 3, 2026

Facility Impacts

April 3 (Good Friday): No Classes
May 18 (Victoria Day): No Classes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m. – 7 a.m.		Strength L. Fitness Studio	Morning Flow Yoga S. Fitness Studio	HIIT L. Fitness Studio / S. Concourse		Yoga & Mobility S. Fitness Studio	
8:30 a.m. – 9:45 a.m.	New! Spin Fusion Cycle Studio						Sweat & Shine L. Fitness Studio
9 a.m. – 10 a.m.		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	Cycle Mix Cycle Studio	TBC EMP Room	Barre & Fitness Mix EMP Room	TBC EMP Room	Cycle Rush Cycle Studio	
10:30 a.m. – 11:30 a.m.	Yoga S. Fitness Studio	Weights Only L. Fitness Studio	Essentrics™ L. Fitness Studio	Strength & Stability L. Fitness Studio	Yoga L. Fitness Studio	Weights Only L. Fitness Studio	Essentrics™ L. Fitness Studio
1:15 p.m. – 2:15 p.m.		Chair Yoga L. Fitness Studio		Chair Yoga L. Fitness Studio		Strength & Stability L. Fitness Studio	
5:30 p.m. – 6:30 p.m.		New! Fusion Flow L. Fitness Studio			Boot Camp S. Concourse		
6 p.m. – 7 p.m.			Pound® Fitness Studio		Zumba® L. Fitness Studio		
6:30 p.m. – 7:30 p.m.		Rhythm Ride Cycle Studio		Boot Camp S. Concourse Bosu® Fit L. Fitness Studio		Triple Fusion L. Fitness Studio	
8 p.m. – 9 p.m.			Gentle Yoga L. Fitness Studio		Gentle Yoga L. Fitness Studio		

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Ages 13 years + welcome | Updated February 26, 2026



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

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

Bosu® Fit: Get ready to ignite your strength and balance in our powerhouse BOSU® class! This dynamic workout combines cardio and core challenges on the iconic half-ball to boost your stability, coordination, and overall fitness. Let's jump, sweat, and power up together!

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 it down with a deep, satisfying stretch. It's cardio, strength, and recovery—all in one ride. Come for the sweat, stay for the stretch. Let's roll!

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.

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.

New! Fusion Flow: Where Yoga, Pilates, and fitness come together. This energizing fusion class improves core strength, flexibility, and functional movement through flowing sequences, controlled strength work, and mindful recovery.

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.

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.

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

Morning Flow Yoga: Start your day with positive intention, balance and focus. This class is designed to increase mobility and body awareness through creative sequencing and mindful transitions. Perfect for those looking to calm their mind, improve mobility and leave feeling strong, confident and focused. Suitable for all levels.

Pound®: The original POUND® workout, this 45-minute electrifying jam session combines cardio, strength training and plyometrics, all to your favorite soundtrack.

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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.

New! 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 & Grace: This class has a variety of movements that will fuse elements of strength training and graceful, fluid motions. Crafted to improve your physical endurance and cultivate a sense of balance & control.

Sweat & Shine: Start your Saturday with a high energy fitness class that will cater to all levels of fitness. Each class is a bit different to add variation to your workout routine to help avoid plateaus.

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.

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.

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.

Yoga & Mobility: A rejuvenating Yoga and mobility class designed to enhance flexibility, strength and over-all wellbeing. Through a blend of dynamic movements, breath work, and gentle stretches you'll improve joint mobility, release tension and cultivate a sense of balance and harmony in the balance. Suitable for all levels, this class offers a holistic approach to physical health and relaxation.

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

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