

EASTLINK CENTRE DROP-IN DRYLAND FITNESS CLASSES

July 1 – August 31, 2025

Facility Impacts

July 1 (Canada Day): Closed

August 4 (Heritage Day): Closed

Monday	Tuesday	Wednesday	Thursday	Friday
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.
Body Flow L. Fitness Studio 9 a.m. – 10 a.m.	TBC L. Fitness Studio 9:15 a.m. – 10:15 a.m.	Body Flow L. Fitness Studio 9 a.m. – 10 a.m.	Essentrics™ L. Fitness Studio 9:15 a.m. – 10:15 a.m.	Body Flow L. Fitness Studio 9 a.m. – 10 a.m.
Yoga & Mobility E. Multipurpose Room 9:15 a.m. – 10:15 a.m.	Low Impact Conditioning L. Fitness Studio 11:45 a.m. – 12:45 p.m.	Life Lift E. Multipurpose Room 9:15 a.m. – 10:15 a.m.	Low Impact Conditioning L. Fitness Studio 11:45 a.m. – 12:45 p.m.	Chair Yoga L. Fitness Studio 10:30 a.m. – 11:30 a.m.
Strength L. Fitness Studio 10:30 a.m. – 11:30 a.m.	Strength Mix L. Fitness Studio 5:30 p.m. – 6:30 p.m.	Cardio L. Fitness Studio 10:30 a.m. – 11:30 a.m.	Cardio Mix L. Fitness Studio 5:30 p.m. – 6:30 p.m.	Strength & Grace L. Fitness Studio 1:15 p.m. – 2:15 p.m.
Hatha Yoga L. Fitness Studio 1:15 p.m. – 2:15 p.m.		Hatha Yoga L. Fitness Studio 1:15 p.m. – 2:15 p.m.		

Ages 13 years + welcome | All fitness levels welcome

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

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

Updated as of: May 9, 2025

Physical print schedules are phasing out in 2025. Check out drop-in availability at cityofgp.com/schedules or programs at cityofgp.com/programs.



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Body Flow: A dynamic fitness class that focuses on the eccentric phase of muscle contraction. In this class, you'll explore slow, controlled movements that emphasize lengthening and strengthening muscles as they stretch under tension. This technique boosts flexibility, improves muscle tone, and enhances overall strength.

Cardio: This high-energy cardio class mixes up different training styles to keep you on your toes and your heart racing. From interval training and circuit-style workouts to dance and bodyweight exercises, you'll never get bored as you push your limits and break a sweat.

Cardio Mix: Same description as Cardio, July will be Zumba®: An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Chair Yoga: A gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It is designed for people with limited mobility, balance issues, or those who prefer a low-impact workout. Chair yoga includes stretches, breathing exercises, and relaxation techniques that do not require participants to get down on the floor.

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.

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.

Life Lift: This class focuses on muscular strength and endurance. Options are provided to increase or decrease the intensity or duration of the movements.

Low Impact Conditioning: This class will get your heart rate up slowly and causes less pressure on your joints than high-impact exercise. Using a variety of fitness movements and equipment.

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

Strength Mix: Same description as Strength, July will be Strong Nation®: Stop counting the reps. Start training to the beat. STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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.

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.

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.