

Pan Am Pool – 25 Poseidon Bay

ACTIVE LIVING DROP-IN CLASSES

Effective April 1 – June 30, 2018

****Registered classes, limited drop in space**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	M3 Circuit 6:15 – 7:10 am No class May 21		M3 Circuit 6:15 – 7:10 am		M3 Circuit 6:15 – 7:10 am	Step Right Up 10:00 – 11:00 am
	M3 Circuit ***9:00 – 10:00 am		M3 Circuit **9:00-10:00 am		M3 Circuit **9:00 – 10:00 am	Fitness for 40+ **10:00 – 11:00 am
	M3 Circuit 10:00 – 10:50 am No class May 21		M3 Circuit 10:00 – 10:50 am		M3 Circuit 10:00 – 10:50 am	
	M3 Circuit 11:10 am – 12:00 pm No Class May 21		M3 Circuit 11:10 am – 12:00 pm		M3Circuit 11:10 am – 12:00 pm	
	M3 Circuit 12:05-12:55pm No class May 21				M3 Circuit 12:05 – 12:55 pm	
	M3 Circuit 4:30 – 5:20 pm No Class May 21	Step Right Up 5:00-5:45pm	M3 Circuit 4:30 – 5:20 pm	Cardio Mix 5:00-5:45pm	M3 Circuit 4:30 – 5:20 pm	
	M3 Circuit 5:30 – 6:20 pm No Class May 21	Muscles “At Attention!” 5:45 – 6:30 pm	M3 Circuit 5:30 – 6:20 pm	Muscles “At Attention!” 5:45 – 6:30 pm	M3 Circuit 5:30 – 6:20 pm	
		Athletic Inspired Yoga 6:30-7:30 pm			Zumba **6:00 – 7:00 pm	
Aqua Fitness						
Deep Aqua 11:00 am – 12:00 pm Training Tank No class April 29 & June 10	Deep Aqua 9:30 am – 10:30 am No Class, May 21 & 28		Deep Aqua 9:30 am – 10:30 am No class May 30 & Jun 20		Deep Aqua 9:30 am – 10:30 am No class April 27, June 1 & 22	
	Senior Aqualite 11:30 am – 12:15 pm No Class April 2, May 21 & 28		Senior Aqualite 11:30 am – 12:15 pm No class May 30 & Jun 20		Senior Aqualite 11:30 am – 12:15 pm No class April 27, June 1 & 22	
	Deep Aqua 8:00 pm – 9:00 pm No Class April 2, May 21 & 28		Deep Aqua 8:00 pm – 9:00 pm No class May 30 & Jun 20			

Use your Active Living Pass for these classes or Use your Facility Pass and pay the Facility Pass Plus admission or pay the drop in fee.

Pan Am Pool is Winnipeg’s host site for many Aquatic Events, therefore schedules change constantly, Please refer to our Event Schedule on our website

www.winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/pan_am.stm#events

No Classes: Victoria Day, Monday, May 21, 2018