
St. James Assiniboia Centennial Drop in Fitness**644 Parkdale St**Pool height entry requirement
42" / 107 cm at shoulders

Schedule effective January 8 – March 31, 2012

Sunday	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturday
Drop in Land fit classes						
	Fitness Fixx 9:30 am - 10:30 am		Drop-in Pilates 9:30 am - 10:30 am		Fitness Fixx 9:00 am - 10:00 am	Drop-in Circuit 9:30 am - 10:30 am
	Weights 10:00 am - 11:00am		Weights 10:00 am - 11:00am		Weights 10:00 am - 11:00am	
	Weights 11:00 am - 12:00 noon	Muscle Boot Camp 1:30 pm - 2:30 pm	Weights 11:00 am - 12:00 noon		Weights 11:00 am - 12:00 noon	
			New Interval Bootcamp 6:45 pm - 8:00 pm	Muscle Boot Camp 7:30 pm - 8:30 pm	Muscle Boot Camp 1:00 pm - 2:00 pm	
Drop in Aqua fitness classes						
	Aqualite (Senior) 10:00am-10:45 am No class Mar 26				Aqualite (Senior) 10:15 am - 11:00 am	

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.
Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.

Visit [leisureonline](http://leisureonline.com) for information and Winter 2012 registration

Day 1 – Registration for Swimming lessons only begins Tuesday, December 13 at 9:00 am

Day 2 - Registration for all other programs begins Wednesday, December 14 at 9:00 am

On Day 1 and Day 2 of registration, queue numbers at all in-person locations will be handed out starting at 7:00 am.

Check in-person registration times at the facility of your choice

**- Closed all Statutory Holidays -
Monday February 20, 2012**

last updated 3/15/2012