



St. James Assiniboia Centennial

Drop-in fitness schedule

644 Parkdale St.

Schedule effective April 7 – June 15, 2024

Facility closures:
Victoria Day – Monday, May 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
–	Weights 8:30 - 9:30 a.m.	–	Weights 8:30 - 9:30 a.m.	–	Weights 8:30 - 9:30 a.m.	–
–	Weights 9:30 - 10:30 a.m.	Cardio Core & More 9:45 - 10:30 a.m.	Mov'n with Muscle 9:45 - 10:45 a.m.	–	Weights 9:30 - 10:30 a.m.	–
–	Zumba Toning 9:45 - 10:45 a.m.	–	Weights 11 a.m. - noon	–	Fitness Fix 9:30 - 10:30 a.m.	–
–	Beginner Yoga 5 - 6 p.m.	–	–	Beginner Yoga 5 - 6 p.m.	Beginner Yoga 10:45 - 11:45 a.m.	–
–	Abs, Butts, & Thighs 6 - 7 p.m.	–	Blastin Bootcamp 5:15 - 6 p.m.	Beginner Yoga 6 - 7 p.m.	–	–
–	Muscle Boot Camp 7 - 8 p.m.	–	Zumba 6 - 7 p.m.	Muscle Boot Camp 7 - 8 p.m.	–	–

Reserve an available space using your Active Living membership. go to winnipeg.ca/dropinfitness.
 For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.
 Hours are subject to change. Call 311 or visit winnipeg.ca/pools for up-to-date schedule information.