

Pan Am Pool

25 Poseidon Bay

Schedule effective January 7 – March 31, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	M3 Circuit 6:15 – 7:10 am No class Feb. 19		M3 Circuit 6:15 – 7:10 am		M3 Circuit 6:15 – 7:10 am	Step Right Up 10:00 – 11:00 am No class Jan 27, Feb.3 March 10
	M3 Circuit 10:00 – 10:50 am No class Feb. 19		M3 Circuit 10:00 – 10:50 am		M3 Circuit 10:00 – 10:50 am	
	M3 Circuit 11:10 am – 12:00 pm No Class Feb. 19		M3 Circuit 11:10 am – 12:00 pm		M3Circuit 11:10 am – 12:00 pm	
	M3 Circuit 12:05-12:55pm No class Feb.19				M3 Circuit 12:05 – 12:55 pm	
	M3 Circuit 4:30 – 5:20 pm No Class Feb. 19		M3 Circuit 4:30 – 5:20 pm		Bootcamp 4:30 – 5:20 pm	
	M3 Circuit 5:30 – 6:20 pm No Class Feb. 19	Step Right Up 5:00-5:45pm	M3 Circuit 5:30 – 6:20 pm	Cardio Box 5:00-5:45pm	Bootcamp 5:30 – 6:20 pm	
		Muscles “At Attention!” 5:45 – 6:30 pm		Muscles “At Attention!” 5:45 – 6:30 pm		

Drop-In Aqua Fitness - height entry requirement 44” / 112 cm at shoulders

Deep Aqua 11:00 am – 12:00 pm Training Tank No class Feb.11 & 18 March 4 & 11	Deep Aqua 9:30 am – 10:30 am No Class Feb. 19		Deep Aqua 9:30 am – 10:30 am No class Feb.7		Deep Aqua 9:30 am – 10:30 am No class Feb.9 March 2	
	Senior Aqualite 11:30 am – 12:15 pm No Class Feb. 19		Senior Aqualite 11:30 am – 12:15 pm No class Feb.7		Senior Aqualite 11:30 am – 12:15 pm No class Feb.9 March 2	
	Deep Aqua 8:00 pm – 9:00 pm No Class Feb. 19		Deep Aqua 8:00 pm – 9:00 pm No class Feb.28			

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.

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

Visit <http://winnipeg.ca/cms/recreation/registration.stm> for Registration Information

Classes may be cancelled due to lack of instructor, space, or insufficient attendance - Call 311 or visit <http://winnipeg.ca/cms/recreation/> for schedule updates

No Classes: Friday, March 30, 2018