



Pan Am Pool - Drop-in fitness schedule

25 Poseidon Bay

Schedule effective January 3 – March 28, 2026

No classes:
Louis Riel Day – Monday February 16, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	Weights 6:15 – 7:05 a.m.	-	Weights 6:15 – 7:05 a.m.	-	Weights 6:15 – 7:05 a.m.	-
-	Weights 8 – 8:50 a.m.	-	Weights 8 – 8:50 a.m.	-	Weights 8 – 8:50 a.m.	Interval Cardio & Weights 8:45 – 9:45 a.m.
Weights 10 – 10:50 a.m. Jan 4 – Mar 15 No class Feb 15	Weights 9 – 9:50 a.m.	-	Weights 9 – 9:50 a.m.	-	Weights 9 – 9:50 a.m.	Cardio, Core & More 10 – 10:45 a.m.
-	Weights 10 – 10:50 a.m.	-	Weights 10 – 10:50 a.m.	-	Weights 10 – 10:50 a.m.	-
Rejuvenation Yoga 12:15 – 1:15 p.m. Jan 4 – Mar 8	Weights 11 – 11:50 a.m.	-	Weights 11 – 11:50 a.m.	Weights 1 – 1:50 p.m. Jan 8 – Mar 12	Weights 11 – 11:50 a.m.	-
-	Stretch & Relax noon – 1 p.m.	-	Cardio Circuit 5:15 – 6 p.m.	-	Yoga Noon – 1 p.m.	-
-	Step & Strength 5:15 – 6 p.m.	Muscles at Attention 5:45 – 6:30 p.m.	-	Muscles at Attention 5:45 – 6:30 p.m.	Weights 5 – 5:50 p.m.	-
-	Weights 6 – 6:50 p.m.	Yoga Fit 6:45 – 7:45 p.m. Jan 6 – Mar 10	Weights 5 – 5:50 p.m. Jan 7 – Mar 11	Weights 6 – 6:50 p.m. Jan 8 – Mar 12	-	-
-	Weights 7 – 7:50 p.m. Jan 5 – Mar 16	-	Weights 6 – 6:50 p.m.	-	-	-

Aqua Fitness

-	Deep Aqua 9:35 – 10:35 a.m. Water access 9:30am	-	Deep Aqua 9:35 – 10:35 a.m. Water access 9:30am	-	Deep Aqua 9:35 – 10:35 a.m. Water access 9:30am No class Mar 13 & Mar 20	-
-	AquaLite Shallow 10:45 – 11:30 a.m.	Deep Aqua 11:30 a.m. – 12:30 p.m.	AquaLite Shallow 10:45 – 11:30 a.m.	Deep Aqua 11:30 a.m. – 12:30 p.m. No class Mar 12 & Mar 19	AquaLite Shallow 10:45 – 11:30 a.m. No class Mar 13 & Mar 20	-
-	Deep Aqua 8 – 9 p.m.	-	Deep Aqua 8 – 9 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. Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.