Pan Am Pool - Drop-in fitness schedule

25 Poseidon Bay

Schedule effective September 8 – December 22, 2026

No classes:
Truth and Reconciliation Day – Wednesday, September 30
Thanksgiving Day – Monday October 12
Remembrance Day – Wednesday, November 11

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** 9 – 10 a.m. (no class Sept 19)
Weights 10 – 10:50 a.m. (Oct 4 – Dec 6)	**Weights** 9 – 9:50 a.m.	–	**Weights** 9 – 9:50 a.m.	–	**Weights** 9 – 9:50 a.m.	**Cardio, Core & More** 10:15 – 11 a.m. (no class Sept 19)
–	**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. (Oct 4 – Dec 6)	**Weights** 11 – 11:50 a.m.	–	**Weights** 11 – 11:50 a.m.	**Weights** 1 - 1:50 p.m. (Oct 8 – Dec 10)	**Weights** 11 – 11:50 a.m.	–
–	**Stretch & Relax** noon – 1 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. (Oct 6 – Dec 8)	**Weights** 5 – 5:50 p.m.	**Weights** 6 – 6:50 p.m. (Oct 1 – Dec 3)	–	–
–	**Weights** 7 – 7:50 p.m. (Sept 28 – Dec 7)	–	**Weights** 6 – 6:50 p.m. (Sept 23 – Dec 9)	–	–	–

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 (last class Nov 27)	–
–	**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. (last class Nov 26)	**Aqualite Shallow** 10:45 – 11:30 a.m. last class Nov 27	–

Last updated: Friday, September 11, 2026

–	**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.

Last updated: Friday, September 11, 2026