



# 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
—	<b>Weights</b> 6:15 – 7:05 a.m.	—	<b>Weights</b> 6:15 – 7:05 a.m.	—	<b>Weights</b> 6:15 – 7:05 a.m.	—
—	<b>Weights</b> 8 – 8:50 a.m.	—	<b>Weights</b> 8 – 8:50 a.m.	—	<b>Weights</b> 8 – 8:50 a.m.	<b>Interval Cardio &amp; Weights</b> 8:45 – 9:45 a.m.
<b>Weights</b> 10 – 10:50 a.m. Jan 4 – Mar 15 No class Feb 15	<b>Weights</b> 9 – 9:50 a.m.	—	<b>Weights</b> 9 – 9:50 a.m.	—	<b>Weights</b> 9 – 9:50 a.m.	<b>Cardio, Core &amp; More</b> 10 – 10:45 a.m.
—	<b>Weights</b> 10 – 10:50 a.m.	—	<b>Weights</b> 10 – 10:50 a.m.	—	<b>Weights</b> 10 – 10:50 a.m.	—
<b>Rejuvenation Yoga</b> 12:15 – 1:15 p.m. Jan 4 – Mar 8	<b>Weights</b> 11 – 11:50 a.m.	—	<b>Weights</b> 11 – 11:50 a.m.	<b>Weights</b> 1 – 1:50 p.m. Jan 8 – Mar 12	<b>Weights</b> 11 – 11:50 a.m.	—
—	<b>Stretch &amp; Relax</b> noon – 1 p.m.	—	<b>Cardio Circuit</b> 5:15 – 6 p.m.	—	<b>Yoga</b> Noon – 1 p.m.	—
—	<b>Step &amp; Strength</b> 5:15 – 6 p.m.	<b>Muscles at Attention</b> 5:45 – 6:30 p.m.	—	<b>Muscles at Attention</b> 5:45 – 6:30 p.m.	<b>Weights</b> 5 – 5:50 p.m.	—
—	<b>Weights</b> 6 – 6:50 p.m.	<b>Yoga Fit</b> 6:45 – 7:45 p.m. Jan 6 – Mar 10	<b>Weights</b> 5 – 5:50 p.m. Jan 7 – Mar 11	<b>Weights</b> 6 – 6:50 p.m. Jan 8 – Mar 12	—	—
—	<b>Weights</b> 7 – 7:50 p.m. Jan 5 – Mar 16	—	<b>Weights</b> 6 – 6:50 p.m.	—	—	—
—	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30am	—	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30am	—	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30am No class Feb 6 & Mar 20	—
—	<b>Aqualite Shallow</b> 10:45 – 11:30 a.m.	<b>Deep Aqua</b> 11:30 a.m. – 12:30 p.m.	<b>Aqualite Shallow</b> 10:45 – 11:30 a.m.	<b>Deep Aqua</b> 11:30 a.m. – 12:30 p.m. No class Feb 5 & Mar 19	<b>Aqualite Shallow</b> 10:45 – 11:30 a.m. No class Feb 6 & Mar 20	—
—	<b>Deep Aqua</b> 8 – 9 p.m.	—	<b>Deep Aqua</b> 8 – 9 p.m.	—	—	—

Last updated: Tuesday, November 25, 2025

Reserve an available space using your Active Living membership, go to [winnipeg.ca/dropinfitness](http://winnipeg.ca/dropinfitness). For registration information, go to [winnipeg.ca/cms/recreation/leisure/registration.stm](http://winnipeg.ca/cms/recreation/leisure/registration.stm). Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](http://winnipeg.ca/pools) for up-to-date schedule information. Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.