



# Pan Am Pool - Drop-in fitness schedule

## 25 Poseidon Bay

Schedule effective September 8 – December 20, 2025

### No classes:

National Day of Truth and Reconciliation – Tuesday,  
September 30

Thanksgiving Day – Monday, October 13

Remembrance Day – Tuesday, November 11

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. Oct 5 – Dec 14 No class Oct 12	<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. Oct 5 – Dec 7	<b>Weights</b> 11 – 11:50 a.m.	—	<b>Weights</b> 11 – 11:50 a.m.	<b>Weights</b> 1 – 1:50 p.m. Oct 9 – Dec 11	<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. Oct 7 - Dec 9	<b>Weights</b> 5 – 5:50 p.m. Oct 8 – Dec 10	<b>Weights</b> 6 – 6:50 p.m. Oct 9 – Dec 11	—	—
—	<b>Weights</b> 7 – 7:50 p.m. Oct 6 – Dec 15	—	<b>Weights</b> 6 – 6:50 p.m.	—	—	—

### Aqua Fitness

—	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30 a.m.	—	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30 a.m.	—	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30 a.m. No class Dec 12	—
—	<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 Dec 11	<b>AquaLite Shallow</b> 10:45 – 11:30 a.m. No class Dec 12	—
—	<b>Deep Aqua</b> 8 – 9 p.m.	—	<b>Deep Aqua</b> 8 – 9 p.m.	—	—	—

Last updated: Wednesday, August 13, 2025

Reserve an available space using your Active Living membership, go to [winnipeg.ca/dropinfofitness](https://winnipeg.ca/dropinfofitness). For registration information, go to [winnipeg.ca/cms/recreation/leisure/registration.stm](https://winnipeg.ca/cms/recreation/leisure/registration.stm).

Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](https://winnipeg.ca/pools) for up-to-date schedule information. Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.