St. James Assiniboia Centennial

Drop-in fitness schedule

644 Parkdale St.

Schedule effective September 8 – December 19, 2026

No Classes:

National Day for Truth and Reconciliation – Wednesday, September 30
Thanksgiving Day - Monday, October 12
Remembrance Day – Wednesday, November 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
–	**Aqualite – Combo** 8:05 – 8:50 a.m.	**Aqualite – Combo** 8:05 – 8:50 a.m.	**Aqualite – Combo** 8:05 – 8:50 a.m.	**Aqualite – Combo** 8:05 – 8:50 a.m.	**Aqualite – Combo** 8:05 – 8:50 a.m.	–
–	**Weights** 8:30 - 9:30 a.m.	–	**Weights** 8:30 - 9:30 a.m.	–	**Weights** 8:30 - 9:30 a.m.	–
–	**Weights** 9:30 - 10:30 a.m.	–	**Weights** 9:30 – 10:30 a.m.	–	**Weights** 9:30 - 10:30 a.m.	**Chair Yoga** 11:45 a.m. – 12:45 p.m.
–	**Fit for Life** 9:30 - 10:30 a.m.	**Cardio, Core & More** 9:45 – 10:30 a.m. (Starts September 22)	**Fit for Life** 9:15 - 10:15 a.m.	–	**Fitness Fix** 9:30 - 10:30 a.m.	–
–	**Beginner Yoga** 5 - 6 p.m. (Starts September 21)	–	**Blastin Bootcamp** 5:15 – 6 p.m.	**Beginner Yoga** 5 - 6 p.m. (Starts September 24)	**Beginner Yoga** 10:45 - 11:45 a.m.	–
–	**Abs, Butts, Thighs** 6 - 7 p.m. (Starts September 21)	–	**Zumba** 6:05- 7:05 p.m.	**Beginner Yoga** 6 - 7 p.m. (Starts September 24)	–	–
–	**Muscle Boot Camp** 7 - 8 p.m. (Starts September 21)	–	–	**Muscle Boot Camp** 7 - 8 p.m. (Starts September 24)	–	–

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.

Last updated: Tuesday, September 1, 2026