



St. James Assiniboia Centennial

Drop-in fitness schedule

644 Parkdale St.

Schedule effective April 5 – June 27, 2026

No classes:

Easter Sunday – Sunday, April 5
 Easter Monday – Monday, April 6
 Victoria Day, Monday, May 18

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.
—	Mov’n with Muscle 9:30 - 10:30 a.m.	Cardio, Core & More 9:45 – 10:30 a.m.	Mov’n with Muscle 9:15 - 10:15 a.m.	—	Fitness Fix 9:30 - 10:30 a.m.	—
—	Beginner Yoga 5 - 6 p.m.	—	Blastin Bootcamp 5:15 – 6 p.m.	Beginner Yoga 5 - 6 p.m.	Beginner Yoga 10:45 - 11:45 a.m.	—
—	Abs, Butts, Thighs 6 - 7 p.m.	—	Zumba 6:05- 7:05 p.m.	Beginner Yoga 6 - 7 p.m.	—	—
—	Muscle Boot Camp 7 - 8 p.m.	—	—	Muscle Boot Camp 7 - 8 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.