



St. James Assiniboia Centennial

Drop-in fitness schedule

644 Parkdale St.

Schedule effective September 8 – Dec 19, 2025

Facility closures:
 National Day for Truth and Reconciliation –
 Tuesday, September 30
 Thanksgiving – Monday, October 13
 Remembrance Day – Tuesday, November 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqualite – Combo 8 – 8:45 a.m.	Aqualite – Combo 8 – 8:45 a.m.	Aqualite – Combo 8 – 8:45 a.m.	Aqualite – Combo 8 – 8:45 a.m.	Aqualite – Combo 8 – 8:45 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.	—
—	Mov’n with Muscle 9:30 – 10:30 a.m.	Cardio, Core & More 9:45 – 10:30 a.m. Starts September 23	Mov’n with Muscle 9:15 – 10:15 a.m. Starts September 24	—	Fitness Fix 9:30 – 10:30 a.m.	—
—	Beginner Yoga 5 – 6 p.m. Starts September 22	—	Blastin Bootcamp 5:15 – 6 p.m. Starts September 24	Beginner Yoga 5 – 6 p.m. Starts September 25	Beginner Yoga 10:45 – 11:45 a.m.	Chair Yoga 11:45 a.m. – 12:45 p.m. Starts October 4 Ends December 6
—	Abs, Butts, Thighs 6 – 7 p.m. Starts September 22	—	Zumba 6:05 – 7:05 p.m. Starts September 24	Beginner Yoga 6 – 7 p.m. Starts September 25	—	—
—	Muscle Boot Camp 7 – 8 p.m. Starts September 22	—	—	Muscle Boot Camp 7 – 8 p.m. Starts September 25	—	—

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.