

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 7:45 – 8:30 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 <u>winnipeg.ca/dropinfitness</u>
For registration information, go to <u>winnipeg.ca/cms/recreation/leisure/registration.stm</u>.
Hours are subject to change. Call 311 or visit <u>winnipeg.ca/pools</u> for up-to-date schedule information.