



St. James Assiniboia Centennial

Drop-in fitness schedule

644 Parkdale St.

Schedule effective January 26 – February 1, 2026

Facility closures:
Louis Riel Day– Monday, February 16

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.	—

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.