



St. James Assiniboia Centennial

Drop-in fitness schedule

644 Parkdale St.

Schedule effective July 6 – September 6, 2026

Facility closures:
 Canada Day – Wednesday, July 1
 Terry Fox Day – Monday, August 3

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.	–	Mov’n with Muscle 9:15 – 10:15 a.m.	–	Weights 9:30 – 10:30 a.m.	–
–	Mov’n with Muscle 9:30 – 10:30 a.m.	–	Weights 9:30 – 10:30 a.m.	–	Fitness Fix 9:15 – 10:15 a.m.	–
–	Beginner Yoga 5:30 – 6:30 p.m.	–	–	Beginner Yoga 5:30 – 6:30 p.m.	Beginner Yoga 10:20 – 11:20 a.m.	–
–	Muscle Boot Camp 6:30 – 7:30 p.m.	Abs, Butts & Thighs 6 – 7 p.m.	–	Muscle Boot Camp 6:30 – 7:30 p.m.	–	–
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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.