



# St. James Assiniboia Centennial

## Drop-in fitness schedule

### 644 Parkdale St.

Schedule effective February 2 – March 27, 2026

**Facility closures:**  
Louis Riel Day – Monday, February 16

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Aqualite – Combo</b> 8:05 – 8:50 a.m.	<b>Aqualite – Combo</b> 8:05 – 8:50 a.m.	<b>Aqualite – Combo</b> 8:05 – 8:50 a.m.	<b>Aqualite – Combo</b> 8:05 – 8:50 a.m.	<b>Aqualite – Combo</b> 8:05 – 8:50 a.m.	—
—	<b>Weights</b> 8:30 - 9:30 a.m.	—	<b>Weights</b> 8:30 - 9:30 a.m.	—	<b>Weights</b> 8:30 - 9:30 a.m.	—
—	<b>Weights</b> 9:30 - 10:30 a.m.	—	<b>Weights</b> 9:30 – 10:30 a.m.	—	<b>Weights</b> 9:30 - 10:30 a.m.	—
—	<b>Mov'n with Muscle</b> 9:30 - 10:30 a.m.	<b>Cardio, Core &amp; More</b> 9:45 – 10:30 a.m.	<b>Mov'n with Muscle</b> 9:15 - 10:15 a.m.	—	<b>Fitness Fix</b> 9:30 - 10:30 a.m.	—
—	<b>Beginner Yoga</b> 5 - 6 p.m.	—	<b>Blastin Bootcamp</b> 5:15 – 6 p.m.	<b>Beginner Yoga</b> 5 - 6 p.m.	<b>Beginner Yoga</b> 10:45 - 11:45 a.m.	—
—	<b>Abs, Butts, Thighs</b> 6 - 7 p.m.	—	<b>Zumba</b> 6:05- 7:05 p.m.	<b>Beginner Yoga</b> 6 - 7 p.m.	—	—
—	<b>Muscle Boot Camp</b> 7 - 8 p.m.	—	—	<b>Muscle Boot Camp</b> 7 - 8 p.m.	—	—

Reserve an available space using your Active Living membership. go to [winnipeg.ca/dropinfitness](http://winnipeg.ca/dropinfitness)

For registration information, go to [winnipeg.ca/cms/recreation/leisure/registration.stm](http://winnipeg.ca/cms/recreation/leisure/registration.stm).

Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](http://winnipeg.ca/pools) for up-to-date schedule information.