



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