



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
	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.	—	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.	Mov’n with Muscle 9:15 – 10:15 a.m.	—	Fitness Fix 9:30 – 10:30 a.m.	—
—	Beginner Yoga 5 – 6 p.m.	—	Blastin Bootcamp 5:15 – 6 p.m.	Beginner Yoga 5 – 6 p.m.	Beginner Yoga 10:45 – 11:45 a.m.	—
—	Abs, Butts, Thighs 6 – 7 p.m.	—	Zumba 6:05 – 7:05 p.m.	Beginner Yoga 6 – 7 p.m.	—	—
—	Muscle Boot Camp 7 – 8 p.m.	—	—	Muscle Boot Camp 7 – 8 p.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.