



Pan Am Pool - Drop-in fitness schedule

25 Poseidon Bay

Schedule effective July 4– August 31, 2026

No classes:
Terry Fox Day – Monday August 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	-	Weights 6:15 – 7:05 a.m.	-	Weights 6:15 – 7:05 a.m.	-	-
-	-	Weights 8 – 8:50 a.m.	-	Weights 8 – 8:50 a.m.	-	Interval Cardio & Weight Training 10:15 – 11:15 a.m.
-	-	Weights 9 – 9:50 a.m.	-	Weights 9 – 9:50 a.m.	-	-
-	-	Weights 10 – 10:50 a.m.	-	Weights 10 – 10:50 a.m.	-	-
-	-	Weights 11 – 11:50 a.m.	-	Weights 11 – 11:50 a.m.	-	-
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-	-	Muscles at Attention 5:45 – 6:30 p.m.	-	Muscles at Attention 5:45 – 6:30 p.m.	-	-
-	Weights 6 – 6:50 p.m.	Yoga 6:45 – 7:45 p.m.	Weights 6 – 6:50 p.m.	-	-	-
Aqua Fitness						
-	-	Deep Aqua 9:15 – 10:15 a.m.	-	Deep Aqua 9:15 – 10:15 a.m.	-	-
-	-	Aqualite 11 – 11:45 a.m.	-	Aqualite 11 – 11:45 a.m.	-	-
-	Deep Aqua 7:30 – 8:30 p.m.	-	Deep Aqua 7:30 – 8:30 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. Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.

Last updated: Tuesday, June 23, 2026