



Pan Am Pool - Drop-in fitness schedule

25 Poseidon Bay

Schedule effective April 2 – June 28, 2024

No classes:
Victoria Day- Monday, May 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	Weights 6:15 – 7:05 a.m.	-	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.	-	Weights 8 – 8:50 a.m.	Total Body Conditioning 8:45 – 9:45 a.m. last class June 1
-	Weights 9 – 9:50 a.m.	-	Weights 9 – 9:50 a.m.	-	Weights 9 – 9:50 a.m.	Cardio, Core & More 10 – 10:45 a.m. last class June 1
-	Weights 10 – 10:50 a.m.	-	Weights 10 – 10:50 a.m.	Stretch & Relax 1 – 2 p.m.	Weights 10 – 10:50 a.m.	-
-	Weights 11 – 11:50 a.m.	-	Weights 11 – 11:50 a.m.	-	Weights 11 – 11:50 a.m.	-
-	Stretch & Relax Noon – 1 p.m.	-	Weights 5 – 5:50 p.m.	-	Yoga Noon – 1 p.m.	-
-	Step & Strength 5:15 – 6 p.m. last class June 17	Muscles at Attention 5:45 – 6:30 p.m.	Cardio Circuit 5:15 – 6 p.m.	Muscles at Attention 5:45 – 6:30 p.m.	Weights 5 – 5:50 p.m. last class June 21	-
-	Weights 6 – 6:50 p.m. last class June 17	-	Weights 6 – 6:50 p.m.	Weights 6 – 6:50 p.m.	-	-

Aqua Fitness

-	Deep Aqua 9:30 – 10:30 a.m.	-	Deep Aqua 9:30 – 10:30 a.m.	-	Deep Aqua 9:30 – 10:30 a.m. No class May 24 & June 7	-
-	AquaLite 10:45 – 11:30 a.m.	Deep Aqua 11:30 a.m. – 12:30 p.m.	AquaLite 10:45 – 11:30 a.m.	Deep Aqua 11:30 a.m. – 12:30 p.m.	AquaLite 10:45 – 11:30 a.m. No class May 24 & June 7	-
-	Deep Aqua 8 – 9 p.m. last class June 17	-	Deep Aqua 8 – 9 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: Friday, April 12, 2024