

Pan Am Pool Active Living Drop-In Classes – 25 Poseidon Bay  
Effective September 3 – December 23, 2019

**\*\*REGISTERED CLASS WITH DROP-IN SPACE AVAILABLE**

| SUNDAY   | MONDAY   | TUESDAY                                      | WEDNESDAY                          | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|------------------------------------|---|---|---|
|  | **Weights<br>6:15 – 7:05 am                      |  | **Weights<br>6:15 – 7:05 am        |   | **Weights<br>6:15 – 7:05 am                     |   |
|  | **Weights<br>9:00 – 9:50 am                      |  | **Weights<br>9:00 – 9:50 am        |   | **Weights<br>9:00 – 9:50 am                     | Saturday Morning Special<br>10:00 – 11:00 am          |
|  | Weights<br>10:00 – 10:50 am                      |  | Weights<br>10:00 – 10:50 am        |   | Weights<br>10:00 – 10:50 am                     | **Fitness for 40+<br>10:15 -11:15 am<br>Oct 5 – Dec 7 |
|  | Weights<br>11:00 – 11:50 am                      |  | Weights<br>11:00 – 11:50 am        |   | Weights<br>11:00 – 11:50 am                     |   |
|  | **Weights<br>4:45 – 5:35 pm                      |  | **Weights<br>4:45 – 5:35 pm        |   | **Yoga<br>12:00 – 1:00 pm                       |   |
|  | **Step & Strength<br>5:15 – 6:00 pm              | Muscles at Attention<br>5:45 - 6:30 pm       | **Cardio Circuit<br>5:15 – 6:00 pm | Muscles at Attention<br>5:45 - 6:30 pm                    | **Weights<br>4:45 – 5:35 pm                     |   |
|  |  |  | **Weights<br>5:45 – 6:35 pm        | **Rejuvenation Yoga<br>6:45 – 7:45 pm<br>Last class Dec 5 |   |   |
|  | **Weights<br>7:00 – 7:50 pm<br>Sept 30 – Dec 16  | **Weights<br>7:00 – 7:50 pm<br>Oct 1 – Dec 3 | **Weights<br>7:00 – 7:50 pm        |   |   |   |
| <b>Aqua Fitness</b>  |  |  |                                    |   |   |   |
| Deep Aqua<br>12:15 – 1:15 pm<br>Training Tank<br>NO CLASS Oct 6, Oct 20 &<br>Dec 1 | Deep Aqua<br>9:30 - 10:30 am                     |  | Deep Aqua<br>9:30 - 10:30 am       |   | Deep Aqua<br>9:30 - 10:30 am<br>NO CLASS Dec 13 |   |
|  | AquaLite<br>10:45 – 11:30 am                     |  | AquaLite<br>10:45 – 11:30 am       | Deep Aqua<br>12:30 - 1:30 pm<br>Last class Dec 5          | AquaLite<br>10:45 – 11:30 am<br>NO CLASS Dec 13 |   |
|  | Deep Aqua<br>8:00 – 9:00 pm<br>Last class Dec 16 |  | Deep Aqua<br>8:00 – 9:00 pm        |   |   |   |

Use your Active Living Pass for these classes or use your Facility Pass and pay the Facility Pass Plus admission or pay the drop in fee.  
Pan Am Pool is Winnipeg's host site for many Aquatic Events, therefore schedules change constantly. Please refer to our Event Schedule on our website:  
[www.winnipeg.ca/cms/recreation/facilities/pools/indoor\\_pools/pan\\_am.stm#events](http://www.winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/pan_am.stm#events)

**NO CLASSES: Monday October 14<sup>th</sup> & Monday November 11<sup>th</sup>, 2019.**