

Pan Am Pool Active Living Drop-In Classes – 25 Poseidon Bay  
 Effective June 29 – September 2, 2019

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Weights 6:15 – 7:05 am		Weights 6:15 – 7:05 am		
		Weights 9:00 – 9:50 am		Weights 9:00 – 9:50 am		
		**Gentle Fit 50+ 9:15 – 10:15 am		**Gentle Fit 50+ 9:15 – 10:15 am		
		Weights 10:00 – 10:50 am		Weights 10:00 – 10:50 am		
		**Mov'n with Muscle 50+ 10:30 – 11:30 am		**Mov'n with Muscle 50+ 10:30 – 11:30 am		
		Yoga 12:30 – 1:30 pm				
		**Weights 4:45 – 5:35 pm		**Weights 4:45 – 5:35 pm		
		Muscles at Attention 5:45 - 6:30 pm		Muscles at Attention 5:45 - 6:30 pm		
		**Rejuvenation Yoga 6:45 – 7:45 pm				
		**Weights 7:00 - 7:50 pm				
<b>Aqua Fitness</b>						
		Deep Aqua 10:00 - 11:00 am		Deep Aqua 10:00 - 11:00 am No class July 4		
		Senior Aqualite 11:30 – 12:15 pm		Senior Aqualite 11:30 – 12:15 pm No class July 4		

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)

**Facility Closed: Monday July 1 & Monday August 5 – Sunday August 11, 2019**