



St. James Assiniboia Centennial

Drop-in fitness schedule

644 Parkdale St.

Schedule effective January 5 – March 15, 2025

Facility closures:
Louis Riel Day – Monday, February 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
—	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.	—	Mov'n with Muscle 9:15 - 10:15 a.m.	—	Weights 9:30 - 10:30 a.m.	—
—	Zumba Toning 9:45 - 10:30 a.m.	Cardio, Core & More 9:45 - 10:30 a.m.	Weights 9:30 - 10:30 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.	Yoga Fit 11:45 a.m. - 12:45 p.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.