

**Pan Am Pool Active Living Drop-In Classes – 25 Poseidon Bay**  
**Effective January 3 – March 31, 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Weights 6:15 – 7:05 am		Weights 6:15 – 7:05 am		Weights 6:15 – 7:05 am	Jan 14-Mar 18 Total Body Conditioning 8:45 - 9:45am
	Weights 8:00 – 8:50 am		Weights 8:00 – 8:50 am		Weights 8:00 – 8:50 am	
	Weights 9:00 – 9:50 am		Weights 9:00 – 9:50 am		Weights 9:00 – 9:50 am	Jan 14-Mar 18 Cardio, Core & More 10:00 – 10:45am
	Weights 10:00 – 10:50 am		Weights 10:00 – 10:50 am		Weights 10:00 – 10:50 am	
	Weights 11:00 – 11:50 am		Weights 11:00 – 11:50 am		Weights 11:00 – 11:50 am	
	Stretch & Relax 12:00 – 1:00 pm		Weights 5:00 – 5:45 pm		Yoga 12:00 – 1:00 pm	
	Step & Strength 5:15 – 6:00 pm	Muscles at Attention 5:45 - 6:30 pm	Cardio Circuit 5:15 – 6:00 pm	Muscles at Attention 5:45 - 6:30 pm	Weights 5:00 – 5:45 pm	
	Jan 9-Mar 20 Weights 6:00 – 6:50 pm		Weights 6:00 – 6:50 pm	Jan 12-Mar 16 Weights 6:00 – 6:50 pm		
<b>Aqua Fitness</b>						
	Deep Aqua 9:30 - 10:30 am		No class Mar 15 Deep Aqua 9:30 - 10:30 am		No class Feb 10 & Mar 17 Deep Aqua 9:30 - 10:30 am	
	AquaLite 10:45 – 11:30 am	Deep Aqua 11:30 am – 12:30 pm	AquaLite 10:45 – 11:30 am	No class Mar 16 Deep Aqua 11:30 am – 12:30 pm	No class Feb 10 & Mar 17 AquaLite 10:45 – 11:30 am	
	Deep Aqua 8:00 – 9:00 pm		Deep Aqua 8:00 – 9:00 pm			

**Reserve an available space using your Active Living Membership.**

**Go to [winnipeg.ca/leisureonline](http://winnipeg.ca/leisureonline), call 311 or visit any in-person registration location to reserve**

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 February 20<sup>th</sup>, 2023**