



# Pan Am Pool - Drop-in fitness schedule

## 25 Poseidon Bay

Schedule effective September 3 – December 23, 2024

**No classes:**  
December 24, 2024 – January 3, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	<b>Weights</b> 6:15 – 7:05 a.m.	-	<b>Weights</b> 6:15 – 7:05 a.m.	-	<b>Weights</b> 6:15 – 7:05 a.m.	-
-	<b>Weights</b> 8 – 8:50 a.m.	-	<b>Weights</b> 8 – 8:50 a.m.	-	<b>Weights</b> 8 – 8:50 a.m.	<b>Total Body Conditioning</b> 8:45 – 9:45 a.m.
-	<b>Weights</b> 9 – 9:50 a.m.	-	<b>Weights</b> 9 – 9:50 a.m.	-	<b>Weights</b> 9 – 9:50 a.m.	<b>Cardio, Core &amp; More</b> 10 – 10:45 a.m.
-	<b>Weights</b> 10 – 10:50 a.m.	-	<b>Weights</b> 10 – 10:50 a.m.	<b>Stretch &amp; Relax</b> 1 – 2 p.m. Oct 3 – Dec 5	<b>Weights</b> 10 – 10:50 a.m.	-
-	<b>Weights</b> 11 – 11:50 a.m.	-	<b>Weights</b> 11 – 11:50 a.m.	-	<b>Weights</b> 11 – 11:50 a.m.	-
-	<b>Stretch &amp; Relax</b> noon – 1 p.m.	-	<b>Weights</b> 5 – 5:50 p.m.	-	<b>Yoga</b> Noon – 1 p.m.	-
-	<b>Step &amp; Strength</b> 5:15 – 6 p.m.	<b>Muscles at Attention</b> 5:45 – 6:30 p.m.	<b>Cardio Circuit</b> 5:15 – 6 p.m.	<b>Muscles at Attention</b> 5:45 – 6:30 p.m.	<b>Weights</b> 5 – 5:50 p.m.	-
-	<b>Weights</b> 6 – 6:50 p.m.	-	<b>Weights</b> 6 – 6:50 p.m.	<b>Weights</b> 6 – 6:50 p.m.	-	-

### Aqua Fitness

-	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30am	-	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30am	-	<b>Deep Aqua</b> 9:35 – 10:35 a.m. <b>Water access</b> 9:30am No class Dec 6 & 13	-
-	<b>AquaLite</b> 10:45 – 11:30 a.m.	<b>Deep Aqua</b> 11:30 a.m. – 12:30 p.m.	<b>AquaLite</b> 10:45 – 11:30 a.m.	<b>Deep Aqua</b> 11:30 a.m. – 12:30 p.m. No class Dec 5	<b>AquaLite</b> 10:45 – 11:30 a.m. No class Dec 6 & 13	-
-	<b>Deep Aqua</b> 8 – 9 p.m. last class Dec 16	-	<b>Deep Aqua</b> 8 – 9 p.m.	-	-	-

Reserve an available space using your Active Living membership, go to [winnipeg.ca/dropinfitness](http://winnipeg.ca/dropinfitness). For registration information, go to [winnipeg.ca/cms/recreation/leisure/registration.stm](http://winnipeg.ca/cms/recreation/leisure/registration.stm). Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](http://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: Thursday, December 5, 2024*