



# Pan Am Pool - Drop-in fitness schedule

## 25 Poseidon Bay

Schedule effective July 2 – September 2, 2024

**No classes:**  
Terry Fox Day – Monday August 5  
Labour Day - Monday September 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	<b>Foundations to Fluidity</b> 7:30 – 8:30 a.m.	<b>Weights</b> 6:15 – 7:05 a.m.	<b>Foundations to Fluidity</b> 7:30 – 8:30 a.m. No class August 7	<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>Total Body Conditioning</b> 10 – 11 a.m.
-	-	<b>Weights</b> 9 – 9:50 a.m.	-	<b>Weights</b> 9 – 9:50 a.m.	-	-
-	-	<b>Weights</b> 10 – 10:50 a.m.	-	<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>Stretch &amp; Relax</b> Noon – 1 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> 6 – 6:50 p.m.	<b>Yoga</b> 6:45 – 7:45 p.m.	<b>Weights</b> 6 – 6:50 p.m.	-	-	-

### Aqua Fitness

-	-	<b>Deep Aqua</b> 9:15 – 10:15 a.m. No class July 9, 16 & August 27	-	<b>Deep Aqua</b> 9:15 – 10:15 a.m. No class July 4, 11, 18 & August 29	-	-
-	-	<b>AquaLite</b> 11 – 11:45 a.m.	-	<b>AquaLite</b> 11 – 11:45 a.m.	-	-
-	<b>Deep Aqua</b> 7:30 – 8:30 p.m.	-	<b>Deep Aqua</b> 7:30 – 8:30 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, July 11, 2024