



# St. James Assiniboia Centennial

## Drop-in fitness schedule

644 Parkdale St.

Schedule effective June 16 – July 1, 2024

**Facility closures:**  
Canada Day – Monday, July 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
–	<b>Weights</b> 8:30 - 9:30 a.m.	–	<b>Weights</b> 8:30 - 9:30 a.m.	–	<b>Weights</b> 8:30 - 9:30 a.m.	–
–	<b>Weights</b> 9:30 - 10:30 a.m.	<b>Cardio Core &amp; More</b> 9:45 - 10:30 a.m.	<b>Mov'n with Muscle</b> 9:45 - 10:45 a.m.	–	<b>Weights</b> 9:30 - 10:30 a.m.	–
–	<b>Zumba Toning</b> 9:45 - 10:45 a.m.	–	<b>Weights</b> 11 a.m. - noon	–	<b>Fitness Fix</b> 9:30 - 10:30 a.m.	–
–	<b>Beginner Yoga</b> 5 - 6 p.m.	–	–	<b>Beginner Yoga</b> 5 - 6 p.m.	<b>Beginner Yoga</b> 10:45 - 11:45 a.m.	–
–	<b>Abs, Butts, &amp; Thighs</b> 6 - 7 p.m.	–	<b>Blastin Bootcamp</b> 5:15 - 6 p.m. No Drop-In class Wednesday, June 19	<b>Beginner Yoga</b> 6 - 7 p.m.	–	–
–	<b>Muscle Boot Camp</b> 7 - 8 p.m.	–	<b>Zumba</b> 6 - 7 p.m. No Drop-In class Wednesday, June 19	<b>Muscle Boot Camp</b> 7 - 8 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.