



**Movies in the Park and Wellness Wednesdays
Kick Off This Week at Assiniboine Park**

For immediate release: Winnipeg, July 30, 2025 – The Assiniboine Park Conservancy is inviting Park visitors to join us for Movies in the Park and Wellness Wednesdays in August as part of the Summer Entertainment Series, presented by Casinos of Winnipeg. These events are open to the public and free to attend, thanks to the generous support from our sponsors and donors.

“Summer is an incredible time to come to the Park with family and friends and enjoy free outdoor entertainment,” said Lindsay Hughes, Digital & Social Media Specialist, Assiniboine Park Conservancy. “Relax with a movie night, get moving with Wellness Wednesdays, or take in one of our great live concerts across the Park – there’s no shortage of excitement here, and we invite everyone to come and check it out.”

Wellness Wednesdays | Wednesdays at 6:00 p.m.

Presented by Manitoba Blue Cross

Wellness Wednesdays is ready to get you moving with guided yoga and strength classes at the Lyric Theatre.

- August 6 – Strength and Mobility with Dani Wenger
- August 13 – Yoga with Adrienne Shum
- August 20 – Strength and Mobility with Dani Wenger
- August 27 – Yoga with Adrienne Shum

Movies in the Park | Fridays at 6:30 p.m. and 8:45 p.m.

Presented by Recycle Everywhere with support from Frito-Lay, Levy Canada, and Wave Show Technologies

Movies in the Park features a selection of blockbuster films projected on a cinema-style LED screen at the Lyric Theatre. Completing the movie theatre experience, the Lyric Theatre concession will be serving popcorn, ice cream treats, and other tasty snacks.

	6:30 p.m.	8:45 p.m.
August 1	Lion King (1994)	Mufasa
August 8	Inside Out 2	Twilight
August 15	Despicable Me 4	Thunderbolts*
August 22	Wild Robot	Wicked



Assiniboine Park
Conservancy

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The August line-up for the Summer Entertainment Series also includes free access to art exhibitions at The Pavilion, Jazz at the Leo Mol Sculpture Garden, and the Summer Concert Series at the Lyric Theatre, which will be capped off with a headliner performance by Attica Riots on August 31.

The full schedule can be found on the Assiniboine Park [website](#).

Thank you to the following organizations for their support of the Summer Entertainment Series presented by Casinos of Winnipeg: Richardson Foundation, Balcaen & Sons, Recycle Everywhere, Frito-Lay, Levy Canada, Wave Show Technologies, Manitoba Blue Cross, and Doane Grant Thornton.

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For interviews and information requests, please contact:

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