

Cindy Klassen Drop-In Fitness Class Schedule

999 Sargent Avenue height entry requirement 44" / 112 cm at shoulders

Schedule effective January 3 – March 31, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Combo 9:15-10:30 am		Weights 9:00 – 10:00 am		Weights 9:00 – 10:00 am		Weights 8:30 – 9:30 am
		Yoga Fit 9:00 – 9:45 am		Yoga Fit 9:00 – 9:45 am		
		Deep Water Aqua 10:00 -11:00 am		Deep Water Aqua 10:00 -11:00 am		BOSU Cardio/Weights 9:00 – 10:30 am
		Weights 10:05 – 11:05 am		Weights 10:05 – 11:05 am	55+ Yoga 10:15-11 am	Weights 9:40 – 10:40 am
	Aqualite (Sr) 11:15 am–12:00pm		Aqualite (Sr) 11:15 am–12:00pm		Aqualite (Sr) 11:15am 12:00pm	Weights 10:50 – 11:50 am
	Boot Camp 12:05 – 12:50 pm	Step 12:05 – 12:50 pm	Zumba 12:05-12:50 pm	Step 12:05 – 12:50 pm	Zumba Fit 12:05 – 12:50 pm	
	Weights 12:05 – 12:50 pm	Weights 12:05 – 12:50 pm	Weights 12:05 – 12:50 pm	Weights 12:05 – 12:50 pm	Weights 12:05 – 12:50 pm	
	Weights 1:00 – 1:45 pm		Weights 1:00 -1:45 pm		Weights 1:00 – 1:45 pm	
	Yoga Fit 1:00 – 2:00 pm		Yoga Fit 1:00 – 2:00 pm		Yoga Fit 1:00 -2:00 pm	
	Zumba Fit 4:30-5:30		Boot Camp 4:30 – 5:30 pm	Zumba Fit 4:30-5:30 pm	Zumba Gold 3:30-4:30 pm	
	Weights 4:30 – 5:30 pm	Weights 4:30 – 5:30 pm	Weights 4:30 – 5:30 pm	Weights 4:30 – 5:30 pm	Weights 4:30 – 5:30 pm	
		BOSU / Step 5:45 – 6:45 pm	Tae Box Cardio 5:30 – 6:30 pm	Yoga Fitness 5:45 – 6:45 pm	Friday Nite Special 5:35 – 6:50 pm	
	Weights 5:45 – 6:45 pm	Weights 5:45 – 6:45 pm	Weights 5:45 – 6:45 pm	Weights 5:45 – 6:45 pm	Weights 5:45 – 6:45 pm	
		Deep Water Aqua 6:00 – 7:00 pm		Deep Water Aqua 6:00 – 7:00 pm		
	Weights 7:00 – 8:00 pm	Weights 7:00 – 8:00 pm	Weights 7:00 – 8:00 pm	Weights 7:00 – 8:00 pm		
	Yoga Fit 7:00 – 8:00 pm	Aerobic Step 7:00 – 8:15 pm		Aerobic Step Cancelled until further notice		
		Shallow Aqua Fit Cancelled until further notice		Shallow Zumba Aqua Fit 7:15 – 8:00 pm		

Use your Active Living Pass for these classes or Use your Facility Pass and pay the Facility Pass Plus admission or pay the drop in fee.

Visit <http://winnipeg.ca/cms/recreation/registration.stm> for Registration Information

Monday, February 20

Open 2:00 pm - 6:00 pm – all classes cancelled