



Cindy Klassen Recreation Complex

Drop-in fitness schedule

999 Sargent Ave.

Schedule effective April 1 – June 29, 2024

No classes:

Easter Monday – Monday, April 1, (unless noted)

Sunday, May 19

Victoria Day – Monday, May 20

Monday, June 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Mayhem 9:15 – 10:15 a.m.	Bone Building 9 – 9:50 a.m.	Weights 9 – 9:50 a.m.	Weights 10 – 10:50 a.m.	Bone Building 9 – 10:00 a.m.	Weights 10 – 10:50 a.m.	Muscle Boot Camp 9 – 10:15 a.m.
Zumba Gold 10:30 – 11:15 a.m.	Weights 10 – 10:50 a.m.	Weights 10 – 10:50 a.m.	Weights 11 – 11:50 a.m.	Weights 9 – 9:50 a.m.	Weights 11 – 11:50 a.m.	Weights 10 – 10:50 a.m.
Yoga 11:30 a.m. – 12:30 p.m.	Weights 11 – 11:50 a.m.	Deep Aquafit 10 – 11 a.m.	Pilates noon – 1:00 p.m. Last class June 19	Weights 10 – 10:50 a.m.	Zumba 12:05 – 12:50 p.m.	Weights 11 – 11:50 a.m.
-	Zumba Toning 12:05 – 12:50 p.m.	Weights 11 – 11:50 a.m.	Yoga 1:10 – 2:10 p.m. Last class June 19	Deep Aquafit 10 – 11 a.m.	Therapeutic Yoga 1:00 – 2:00 p.m. Last class June 21	-
-	Pilates 1 – 2 p.m. Last class April 29 Yoga 1 – 2 p.m. May 6 – June 17	Total Body Conditioning 11 – 11:45 a.m.	Cardio Core & More 4:30 – 5:15 p.m.	Weights 11 – 11:50 a.m.	Weights 5 – 5:50 p.m.	-
-	Zumbathon 2:30 – 4 p.m. Scheduled April 1	Aqualite 11:15 a.m. – noon	Weights 5 – 5:50 p.m.	Aqualite 11:15 a.m. – noon	Total Body Conditioning 6 – 7 p.m.	-
-	Weights 5 – 5:50 p.m.	Yoga Noon – 1:00 p.m. Last class June 18	Abs/Butts/Thighs 5:15 – 6:15 p.m.	Zumba 12:05 – 12:50 p.m.	-	-
-	Cardio Core & More 6 – 6:45 p.m.	Weights 5 – 5:50 p.m.	Yoga 6:15 – 7:15 p.m.	Weights 5 – 5:50 p.m.	-	-
-	Therapeutic Yoga 6:50 – 7:50 p.m.	Weights 6 – 6:50 p.m.	-	Weights 6 – 6:50 p.m.	-	-
-	-	Deep Aquafit 6 – 7 p.m.	-	Zumba 6 – 7 p.m.	-	-

Reserve an available space using your Active Living membership, go to winnipeg.ca/dropinfitness
 For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.
 Hours are subject to change. Call 311 or visit winnipeg.ca/pools for up-to-date schedule information.
 Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.