

Cindy Klassen Drop-In Fitness Class Schedule
 Schedule effective September 7 – December 18, 2021

999 Sargent Avenue

height entry requirement 44" / 112 cm at shoulders

Sunday	Monday	Tuesday	Wednesday	Thursday No class Sep 30	Friday	Saturday
Metabolic Mayhem 9:15am-10:15am No class Oct 10	Weights 10:30am-11:30pm	Weights 8:30am-9:30am	Weights 10:30am-11:30pm	Weights 8:30am-9:30am	NEW! Pilates 10:00am-11:00am No classes Sep 24 Oct 22 & Oct 29	Weights 8:30am-9:30am No class Oct 9
Zumba Gold 10:30am-11:15am	Total Body Conditioning 11:00am-11:45am	55+ Cardio 9:15am-10:00am Oct 5 – Dec 7	Total Body Conditioning 11:15am-12:00pm	Weights 9:45am-10:45am	Weights 10:30am-11:30pm	BOSU Cardio/Weights 9:00am-10:30am Starts Oct 1
NEW! Pilates 11:30am-12:30pm No classes Sep 26, Oct 24 & Oct 31	AquaLite 11:15am-12:00pm	Weights 9:45am-10:45am	AquaLite 11:15am-12:00pm	Deep Aquafit 10:00am-11:00am	AquaLite 11:15am-12:00pm	Weights 9:45am-10:45am No class Oct 9
	Weights 11:45pm-12:45pm	Deep Aquafit 10:00am-11:00am	Weights 11:45pm-12:45pm	Weights 11:00am-12:00pm	Weights 11:45pm-12:45pm	Weights 11:00am-12:00pm No class Oct 9
	Zumba™ Toning 12:05pm-12:50pm	NEW! Stretch & Relax 10:15am-11:00am	Zumba™ 12:05pm-12:50pm	Step 12:05pm-12:50pm	Zumba™ 12:05pm-12:50pm	
	Weights 1:00pm-2:00pm	Weights 11:00am-12:00pm	Weights 1:00pm-2:00pm		Weights 1:00pm-2:00pm	
	Yoga Fit 1:00pm-2:00pm	Total Body Conditioning 11:15am-12:00pm	Yoga Fit 1:00pm-2:00pm Starts Nov 10			
	Zumbathon™ 2:30pm-4:00pm Oct 11	Step 12:05pm-12:50pm		Zumbathon™ 2:30pm-4:00pm Nov 11	Zumba™ Toning 4:30pm-5:30pm	
	Weights 4:30pm-5:30pm	Weights 4:30pm-5:30pm	Weights 4:30pm-5:30pm	Weights 4:30pm-5:30pm Starts Nov 4	Weights 4:30pm-5:30pm Starts Nov 5	
	Zumba™ 4:40pm-5:40pm	Metabolic Mayhem 4:40pm-5:40pm	Muscle Boot Camp 4:30pm-5:30pm Starts Sep 29	Zumba™ 4:40pm-5:40pm	Weights 5:45pm-6:45pm Starts Nov 5	
	HIIT 5:45pm-6:45pm	BOSU / Step 5:45pm-6:45pm	Tae Box Cardio 5:30pm-6:30pm Starts Sep 29		Friday Nite Special 5:35pm-6:50pm	
	Weights 5:45pm-6:45pm	Weights 5:45pm-6:45pm Last class Oct 26	Weights 5:45pm-6:45pm	Deep Aquafit 6:00pm-7:00pm No class Sep 9		
	Weights 7:00pm-8:00pm	Deep Aquafit 6:00pm-7:00pm	Weights 7:00pm-8:00pm			

Drop-in classes will be available on a week-by-week basis beginning each Thursday. Reserve an available space using your Active Living Membership.

Go to winnipeg.ca/leisureonline, call 311 or visit any in-person registration location to reserve

Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.

NO CLASSES: Thursday September 30th, Monday October 11th & Thursday November 11th, 2021 unless noted

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

Check in-person registration times at the facility of your choice.
