



# Cindy Klassen Recreation Complex

## Drop-in fitness schedule

### 999 Sargent Ave.

Schedule effective January 2 – March 30, 2024

#### No classes:

Louis Riel Day – Monday, February 19, (unless noted)

Good Friday – Friday, March 29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Metabolic Mayhem</b> 9:15 – 10:15 a.m.	<b>Bone Building</b> 9 – 9:50 a.m.	<b>Weights</b> 9 – 9:50 a.m.	<b>Weights</b> 10 – 10:50 a.m.	<b>Bone Building</b> 9 – 10:00 a.m. No class February 1	<b>Weights</b> 10 – 10:50 a.m.	<b>Muscle Boot Camp</b> 9 – 10:15 a.m.
<b>Zumba Gold</b> 10:30 – 11:15 a.m.	<b>Weights</b> 10 – 10:50 a.m.	<b>Weights</b> 10 – 10:50 a.m.	<b>Weights</b> 11 – 11:50 a.m.	<b>Weights</b> 9 – 9:50 a.m.	<b>Weights</b> 11 – 11:50 a.m.	<b>Weights</b> 10 – 10:50 a.m.
<b>Yoga</b> 11:30 a.m. – 12:30 p.m.	<b>Weights</b> 11 – 11:50 a.m.	<b>Deep Aquafit</b> 10 – 11 a.m.	<b>Pilates</b> noon – 12:50 p.m. Last class March 20	<b>Weights</b> 10 – 10:50 a.m.	<b>intenSati</b> 12:05 – 12:50 p.m. No class February 23	<b>Weights</b> 11 – 11:50 a.m.
–	<b>Zumba™ Toning</b> 12:05 – 12:50 p.m. No class January 29	<b>Weights</b> 11 – 11:50 a.m.	<b>Yoga</b> 1 – 2 p.m. Last class March 20	<b>Deep Aquafit</b> 10 – 11 a.m.	<b>Stretch &amp; Relax</b> 1 – 2 p.m.	–
–	<b>Pilates</b> 1 – 2 p.m. Last class March 18	<b>Total Body Conditioning</b> 11 – 11:45 a.m.	<b>Cardio Core &amp; More</b> 4:30 – 5:15 p.m.	<b>Weights</b> 11 – 11:50 a.m.	<b>Weights</b> 5 – 5:50 p.m.	–
–	<b>Zumbathon™</b> 2:30 – 4 p.m. Scheduled February 19	<b>Aqualite</b> 11:15 a.m. – noon	<b>Weights</b> 5 – 5:50 p.m.	<b>Aqualite</b> 11:15 a.m. – noon	<b>Total Body Conditioning</b> 6 – 7 p.m.	–
–	<b>Weights</b> 5 – 5:50 p.m.	<b>Yoga</b> Noon – 12:50 p.m. Last class March 19	<b>Abs/Butts/Thighs</b> 5:15 – 6:15 p.m.	<b>Zumba™</b> 12:05 – 12:50 p.m. No class February 1	–	–
–	<b>Cardio Core &amp; More</b> 6 – 6:45 p.m.	<b>Weights</b> 5 – 5:50 p.m.	<b>Yoga</b> 6:15 – 7:15 p.m.	<b>Weights</b> 5 – 5:50 p.m.	–	–
–	–	<b>Weights</b> 6 – 6:50 p.m.	–	<b>Weights</b> 6 – 6:50 p.m.	–	–
–	–	<b>Deep Aquafit</b> 6 – 7 p.m.	–	<b>Zumba™ Toning</b> 6 – 7 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.  
 Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.

Last updated: Thursday, December 14, 2023