



Peguis Trail Health & Fitness Centre

Drop-in fitness schedule

1400 Rothesay St.

Please note some classes may not match the Leisure Guide
Schedule effective September 22 – December 24, 2025

Facility closures:

National Day for Truth and Reconciliation –
Monday, September 30
Thanksgiving– Monday, October 13
Remembrance Day – Tuesday, November 11
Christmas Eve – Sunday, December 24
(closes at 11:30 a.m.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Intro to Boxing, Kickboxing and Muay Thai 10 – 11 a.m. Oct 5 – Dec 7	*Senior Walk/Run Chat Hour 7:30 – 9:30 a.m. Sep 22– Dec 24	*Senior Walk/Run Chat Hour 7:30 – 9:30 a.m. Sep 22– Dec 24	*Senior Walk/Run Chat Hour 7:30 – 9:30 a.m. Sep 22– Dec 24	*Senior Walk/Run Chat Hour 7:30 – 9:30 a.m. Sep 22– Dec 24	*Senior Walk/Run Chat Hour 7:30 – 9:30 a.m. Sep 22– Dec 24	*Fitness for 40+ 8:30 – 9:30 a.m. Oct 4 – Dec 6
*Kickboxing 11:05 a.m. - 12:05 p.m. Oct 5 – Dec 7	*Beginner Yoga 9 – 10 a.m. Oct 6 – Dec 15	*Pilates All Levels 9 – 10 a.m. Oct 7 – Dec 16	*Yoga Fit 9:15 – 10:15 a.m. Oct 1 – Dec 3	*Yoga Continuing 9 – 10 a.m. Oct 2 – Dec 4	*Pilates/Yoga Blend 9 – 10 a.m. Oct 3 – Dec 5	*CRT 9:40 – 10:40 a.m. Oct 4 – Dec 6
*Stretch and Relax 12:15 – 1:15 p.m. Oct 5 – Dec 7	—	*Gentle Fit for 50+ 10:15 – 11:15 a.m. Oct 7 – Dec 2	*Boxing 5:45 – 6:45 p.m. Oct 1 – Dec 3	—	*Bone Building 10:15 – 11:15 a.m. Oct 10 – Nov 28	*Kickboxing 10 – 11 a.m. Oct 4 – Dec 6
—	—	*Cardio 55+ 11:25 a.m.– 12:25 p.m. Oct 7 – Dec 2	*Abs/Butts/Thighs 6 – 7 p.m. Oct 1 – Dec 3	—	*K.B.D. 6 – 7 p.m. Oct 3 – Dec 5	*Total Body Conditioning 10:45 – 11:45 a.m. Oct 4 – Dec 6
—	*Interval Cardio & Weight Training 6 – 7 p.m. Oct 6 – Dec 15	*CRT 6 – 7 p.m. Oct 7 – Dec 16	*Intro to Boxing, Kickboxing and Muay Thai 6:50 – 7:50 p.m. Oct 1 – Dec 3	*Total Body Conditioning 6 – 7 p.m. Oct 9 – Dec 11	—	*Intro to Boxing, Kickboxing and Muay Thai 11:05 a.m. – 12:05 p.m. Oct 4 – Dec 6
—	*30/20/10 7:05 – 8:05 p.m. Oct 6 – Dec 15	*HIIT 7:05 – 8:05 p.m. Oct 7 – Dec 16	*30/20/10 7:05 – 8:05 p.m. Oct 1 – Dec 3	*Circuit Express 7:05 – 8:05 p.m. Oct 9 – Dec 11	—	*Plus Size Fitness 11:50 a.m. - 12:50 p.m. Oct 4 – Dec 6
—	—	—	—	—	—	*Boxing 12:10 - 1:10 p.m. Oct 4 – Dec 6

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.
Check in-person registration times at the facility of your choice.
Classes may be cancelled due to lack of instructor, space, or insufficient attendance.
For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.