



Cindy Klassen Recreation Complex

Drop-in fitness schedule

999 Sargent Ave.

Schedule effective April 6 – June 28, 2025

No classes:
 Good Friday – Friday, April 18
 Easter Sunday – Sunday, April 20
 Easter Monday – Monday, April 21
 (unless noted)
 Sunday, May 18
 Victoria Day – Monday, May 19
 Monday, June 23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Mayhem 9:15 – 10:15 a.m.	Weights 10 – 10:50 a.m.	Weights 9 – 9:50 a.m.	Weights 10 – 10:50 a.m.	Weights 9 – 9:50 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 11 – 11:50 a.m.	Weights 10 – 10:50 a.m.	Weights 11 – 11:50 a.m.	Bone Building 9 – 10 a.m.	Weights 11 – 11:50 a.m.	Weights 10 – 10:50 a.m.
Yoga 11:30 a.m. – 12:30 p.m.	Zumba Toning 11 – 11:45 a.m.	Bone Building 10 – 11 a.m.	Total Body Conditioning 12:05 – 12:50 p.m.	Weights 10 – 10:50 a.m.	Chair Yoga 11 a.m. – noon Last class June 13	Weights 11 – 11:50 a.m.
—	Cardio 55+ noon – 12:50 p.m.	Deep Aquafit 10 – 11 a.m.	Yoga 1 – 2 p.m.	Deep Aquafit 10 – 11 a.m.	Zumba 12:05 – 12:50 p.m.	—
—	Yoga 1 – 2 p.m.	Weights 11 – 11:50 a.m.	Cardio, Core & More 4:30 – 5:15 p.m.	Weights 11 – 11:50 a.m.	Therapeutic Yoga 1 – 2 p.m. Last class June 20	—
—	Zumbathon 2:30 – 4 p.m. Scheduled April 21	Total Body Conditioning 11:05 – 11:50 a.m.	Weights 5 – 5:50 p.m.	Aqualite 11:15 a.m. – noon	Weights 5 – 5:50 p.m.	—
—	Weights 5 – 5:50 p.m.	Aqualite 11:15 a.m. – noon	Abs/Butts/Thighs 5:15 – 6:15 p.m.	Abs/Butts/Thighs 12:05 – 12:50 p.m.	Total Body Conditioning 6 – 7 p.m.	—
—	Cardio, Core & More 6 – 6:45 p.m.	Yoga noon – 1 p.m. Last class June 17	Yoga 6:15 – 7:15 p.m.	Weights 5 – 5:50 p.m.	—	—
—	Pilates 6:50 – 7:50 p.m.	Weights 5 – 5:50 p.m.	—	Weights 6 – 6:50 p.m.	—	—
—	—	Weights 6 – 6:50 p.m.	—	Zumba 6 – 7 p.m.	—	—
—	—	Deep Aquafit 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.