Cindy Klassen Recreation Complex

Drop-in fitness schedule

999 Sargent Ave.

Schedule effective September 8 – December 19, 2026

No classes:
National Day for Truth and Reconciliation– Wednesday, September 30
Thanksgiving Day – Monday, October 12 (unless noted)
Remembrance Day - Wednesday, November 11

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. (Starts September 26)
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.	**Fit For Life** noon – 12:50 p.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 – 11:45 a.m.	**Weights** 11 – 11:50 a.m.
–	**Yoga** 1 – 2 p.m.	**Deep Aqua** 10 – 11 a.m.	**Yoga** 1 – 2 p.m.	**Deep Aqua** 10 – 11 a.m.	**Fit For Life** noon – 12:50 p.m.	–
–	**Zumbathon** 2:30 – 4 p.m. (Scheduled October 12)	**Weights** 11 – 11:50 a.m.	**Cardio Core & More** 4:30 – 5:15 p.m. (Starts September 23)	**Weights** 11 – 11:50 a.m.	**Therapeutic Yoga** 1 – 2 p.m.	–
–	**Weights** 5 – 5:50 p.m.	**Total Body Conditioning** 11:05 – 11:50 a.m.	**Weights** 5 – 5:50 p.m.	**Aqualite Shallow** 11:15 a.m. – noon	**Weights** 5 – 5:50 p.m.	–
–	**Cardio Core & More** 6 – 6:45 p.m.	**Aqualite Shallow** 11:15 a.m. – noon	**Abs/Butts/Thighs** 5:15 – 6:15 p.m. (Starts September 23)	**Pilates** 12:15 – 1 p.m.	–	–
–	**Pilates** 6:50 – 7:50 p.m.	**Pilates** 12:15 – 1 p.m.	**Deep Aqua** 6 – 7 p.m.	**Zumba Gold** 2 – 2:45 p.m.	–	–
–	–	**Weights** 5 – 5:50 p.m.	**Yoga** 6:15 – 7:15 p.m. (Starts September 23)	**Weights** 5 – 5:50 p.m.	–	–
–	–	**Weights** 6 – 6:50 p.m.	–	**Weights** 6 – 6:50 p.m.	–	–
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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.

Last updated: Tuesday, September 1, 2026