



# Cindy Klassen Recreation Complex

## Drop-in fitness schedule

### 999 Sargent Ave.

Schedule effective October 1 – December 20, 2025

**No classes:**

Thanksgiving - Monday, October 13 (unless noted)  
Remembrance Day - Tuesday, November 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Metabolic Mayhem</b> 9:15 – 10:15 a.m.	<b>Weights</b> 10 – 10:50 a.m.	<b>Weights</b> 9 – 9:50 a.m.	<b>Weights</b> 10 – 10:50 a.m.	<b>Weights</b> 9 – 9:50 a.m.	<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> 11 – 11:50 a.m.	<b>Weights</b> 10 – 10:50 a.m.	<b>Weights</b> 11 – 11:50 a.m.	<b>Bone Building</b> 9 – 10 a.m. October 9 – December 11	<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>Cardio 55+</b> noon – 12:50 p.m.	<b>Bone Building</b> 10 – 11 a.m. Last class December 9	<b>Total Body Conditioning</b> 12:05 – 12:50 p.m.	<b>Weights</b> 10 – 10:50 a.m.	<b>Chair Yoga</b> 11 a.m. – noon October 10 - December 12	<b>Weights</b> 11 – 11:50 a.m.
—	<b>Yoga</b> 1 – 2 p.m.	<b>Deep Aqua</b> 10 – 11 a.m.	<b>Yoga</b> 1 – 2 p.m.	<b>Deep Aqua</b> 10 – 11 a.m.	<b>Cardio 55+</b> noon – 12:50 p.m.	—
—	<b>Zumbathon</b> 2:30 – 4 p.m. Scheduled Oct 13	<b>Weights</b> 11 – 11:50 a.m.	<b>Cardio Core &amp; More</b> 4:30 – 5:15 p.m.	<b>Weights</b> 11 – 11:50 a.m.	<b>Therapeutic Yoga</b> 1 – 2 p.m.	—
—	<b>Weights</b> 5 – 5:50 p.m.	<b>Total Body Conditioning</b> 11:05 a.m. – 11:50 a.m.	<b>Weights</b> 5 – 5:50 p.m.	<b>Aqualite Shallow</b> 11:15 a.m. – noon	<b>Weights</b> 5 – 5:50 p.m.	—
—	<b>Cardio Core &amp; More</b> 6 – 6:45 p.m.	<b>Aqualite Shallow</b> 11:15 a.m. – noon	<b>Abs/Butts/Thighs</b> 5:15 – 6:15 p.m.	<b>Abs/Butts/Thighs</b> 12:05 – 12:50 p.m.	<b>Total Body Conditioning</b> 6 – 7 p.m.	—
—	<b>Pilates</b> 6:50 – 7:50 p.m.	<b>Yoga</b> noon – 1 p.m.	<b>Yoga</b> 6:15 – 7:15 p.m.	<b>Weights</b> 5 – 5:50 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>Zumba</b> 6 – 7 p.m.	—	—
—	—	<b>Deep Aqua</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: Monday, August 18, 2025*