



# Cindy Klassen Recreation Complex

## Drop-in fitness schedule

999 Sargent Ave.

Schedule effective July 2 – August 29, 2026

**No classes:**  
 Saturday, August 1  
 Terry Fox Day – Monday, August 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
–	<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>Weights</b> 11 – 11:50 a.m.	<b>Weights</b> 10 – 10:50 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>Fit For Life</b> noon – 12:50 p.m.	<b>Deep Aqua</b> 10 – 11 a.m.	<b>Total Body Conditioning</b> noon – 12:50 p.m.	<b>Deep Aqua</b> 10 – 11 a.m.	<b>Chair Yoga</b> noon – 12:45 p.m.	–
–	<b>Yoga</b> 1 – 2 p.m.	<b>Aqualite Shallow</b> 11:15 a.m. – noon	<b>Yoga</b> 1 – 2 p.m.	<b>Aqualite Shallow</b> 11:15 a.m. – noon	–	–
–	<b>Weights</b> 5 – 5:50 p.m.	<b>Zumba Gold</b> noon – 12:45 p.m.	<b>Weights</b> 5 – 5:50 p.m.	<b>Abs/Butts/Thighs</b> noon - 12:45 p.m.	–	–
–	–	<b>Cardio Core &amp; More</b> 6 – 6:45 p.m.	<b>Abs/Butts/Thighs</b> 5:15 – 6:15 p.m.	<b>Zumba</b> 6 – 7 p.m.	–	–
–	–	–	<b>Deep Aqua</b> 6 – 7 p.m.	–	–	–
–	–	–	<b>Yoga</b> 6:15 – 7:15 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.