

Cindy Klassen Drop-In Fitness Class Schedule

999 Sargent Avenue

height entry requirement 44" / 112 cm at shoulders

Schedule effective April 1 – June 30, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Combo 9:15 am - 10:30 am	Gentle Yoga 10:15 am – 11:05 am	Weights 9:00 am – 10:00 am		Weights 9:00 am – 10:00 am	55+ Yoga 10:20 am – 11:05 am	Weights 8:30 am – 9:30 am <i>No Class May 18</i>
Zumba™ Gold 10:35 am - 11:20 am	Weights 11:15 am – 12 Noon	55+ Cardio 9:15 am – 10:00 am	Weights 11:15 am – 12 Noon	Deep Water Aqua 10:00 am - 11:00 am	Weights 11:15 am – 12 Noon	BOSU Cardio/Weights 9:00 am – 10:30 am
Yoga 11:30am-12:30pm	Senior Aqualite 11:15 am – 12 Noon	Deep Water Aqua 10:00 am -11:00 am	Senior Aqualite 11:15 am – 12 Noon	Weights 10:05 am – 11:05 am	Senior Aqualite 11:15 am – 12 Noon	Weights 9:40 am – 10:40 am <i>No Class May 18</i>
		Weights 10:05 am – 11:05 am		Yogalates 10:10 am – 11:00 am		Weights 10:50 am – 11:50 am <i>Last Class May 11</i>
	Zumba™ Toning 12:05 pm – 12:50 pm	Yin Yoga 10:10 am – 11:0 am	Zumba™ 12:05 pm - 12:50 pm	Step 12:05 pm – 12:50 pm	Zumba™ 12:05 pm – 12:50 pm	
	Weights 12:05 pm – 12:50 pm	Total Body Conditioning 11:15 am – 12 Noon	Weights 12:05 pm – 12:50 pm	Weights 12:05 pm – 12:50 pm	Weights 12:05 pm – 12:50 pm	
	Weights 1:00 pm – 1:45 pm	Step 12:05 pm – 12:50 pm	Weights 1:00 pm - 1:45 pm		Weights 1:00 pm – 1:45 pm	
	Yoga Fit 1:00 pm – 2:00 pm	Weights 12:05 pm – 12:50 pm	Yoga Fit 1:00 pm – 2:00 pm			
Aqua Zumba™ Master Class 5:00 pm – 6:30 pm <i>March 21 only</i> \$12.08 each/no passes	Weights 4:30 pm – 5:30 pm	Weights 4:30 pm – 5:30 pm	Weights 4:30 pm – 5:30 pm	Weights 4:30 pm – 5:30 pm	Weights 4:30 pm – 5:30 pm <i>Last Class May 10</i>	
	Zumba™ 4:40 pm - 5:40 pm	Metabolic Mayhem 4:40 pm – 5:40 pm	Muscle Boot Camp 4:30 pm – 5:30 pm	Zumba™ 4:40 pm – 5:40 pm	Zumba™ Toning 4:30 pm – 5:30 pm	
	HIIT 5:45 pm – 6:45 pm	BOSU / Step 5:45 pm – 6:45 pm	Tae Box Cardio 5:30 pm – 6:30 pm	Yoga Fit 5:45 pm – 6:45 pm	Friday Nite Special 5:35 pm – 6:50 pm	
	Weights 5:45 pm – 6:45 pm	Weights 5:45 pm – 6:45 pm	Weights 5:45 pm – 6:45 pm	Weights 5:45 pm – 6:45 pm	Weights 5:45 pm – 6:45 pm <i>Last Class May 10</i>	
	Yoga Fit 7:00 pm – 8:00 pm	Deep Water Aqua 6:00 pm – 7:00 pm	Yoga Fit 7:00 pm – 8:00 pm	Deep Water Aqua 6:00 pm – 7:00 pm		
	Weights 7:00 pm – 8:00 pm	Weights 7:00 pm – 8:00 pm	Weights 7:00 pm – 8:00 pm	Weights 7:00 pm – 8:00 pm		

No classes on these dates: Friday, April 19 - facility open 10am-6pm; Sunday, April 21 – facility open 7am-4pm; Monday, April 22 - facility open 2-6pm; Saturday May 18; Sunday May 19; Monday May 20, 2019.

Monday, June 17, 2019, Entire Facility closed at 4:00pm. No fitness classes after 2:00pm.

Facility closed on Monday, July 1, 2019.

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.

Classes may be cancelled due to lack of instructor, space, or insufficient attendance - Call 311 or visit <http://winnipeg.ca/cms/recreation/> for schedule updates

Visit <http://winnipeg.ca/cms/recreation/leisure/registration.stm> for Registration Information

Check in-person registration times at the facility of your choice.