

Peguis Trail Health & Fitness Centre, Fitness Class Schedule (*) are Drop-In classes

1400 Rothesay Street

Schedule effective... Fall 2019 – September 4th to various end dates

Located in the basement of Chief Peguis School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*30 / 20 / 10 9:15 am – 10:15 am Sep. 29 – Dec. 1	*Senior Walk / Run Chat Hour 9:00 am – 10:00 am Sep. 9 – Dec. 30	*Senior Walk / Run Chat Hour 9:00 am – 10:00 am Sep. 10 – Dec. 31	*Senior Walk / Run Chat Hour 9:00 am – 10:00 am Sep. 4 – Dec. 18	*Senior Walk / Run Chat Hour 9:00 am – 10:00 am Sep. 5 – Dec. 19	*Senior Walk / Run Chat Hour 9:00 am – 10:00 am Sep. 6 – Dec. 27	*Kickboxing 10:00 am – 11:00 am Sep. 28 – Nov. 30
Cycle Metal Bikers 10:20 am – 11:20 am Sep. 29 – Dec. 1	*Beginner Yoga 1 hour 10:15 am – 11:15 am Sep. 23 – Dec. 9 TIME CHANGE	Afternoon Cycle 1:30 pm – 2:30 pm Sep. 24 – Nov. 12	*Interval Cardio & Weight Training 6:00 pm – 7:00 pm Sep. 25 – Nov. 27	*Total Body Conditioning 6:00 pm – 7:00 pm Sep. 26 – Nov. 28		*Circuit Express 10:00 am – 11:00 am Sep. 28 – Nov. 30
	*Kickboxing 2.0 6:00 pm – 7:00 pm Sep. 23 – Dec. 9	*CRT (Cardio Resistance Training) 6:00 pm – 7:00 pm Sep. 24 – Nov. 26	*Kickboxing 2.0 6:00 pm – 7:00 pm Sep. 25 – Nov. 27	XL Boot Camp 7:10 pm – 8:10 pm Sep. 26 – Nov. 28		*Kickboxing 2.0 11:00 am – 12:00 pm Sep. 28 – Nov. 30
	*Pure Cardio 6:00 pm – 7:00 pm Sep. 23 – Dec. 9	HIIT Class 7:05 pm – 8:05 pm Sep. 24 – Nov. 26	*Kickboxing 7:00 pm – 8:00 pm Sep. 25 – Nov. 27			*Power Hour 12:05 pm – 1:05 pm Sep. 28 – Nov. 30
	*Abs / Butts / Thighs 7:05 pm – 8:05 pm Sep. 23 – Dec. 9					
	*Power Hour 7:05 pm – 8:05 pm Sep. 23 – Dec. 9					

Facility closed on the following days:

Monday, September 2nd; Monday, October 14th; Sunday, November 11th; Tuesday, December 25th, 2019.

Monday, December 24th closed early

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.

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