

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

Schedule effective... Winter 2022 to various end dates

1400 Rothesay Street

Located in the basement of Chief Peguis School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*30 / 20 / 10 6:00pm – 7:00pm Jan. 16 – Mar. 20	Senior Walk/Run Chat Hour 9:00 am – 10:00 am Jan. 10 – Mar. 21	*Resistance Training 10:15 am – 11:15 am Jan. 11 – Mar. 15	*Bone Building 11:00 am – 12:00 am Jan. 12 – Mar. 16	Senior Walk/Run Chat Hour 9:00 am – 10:00 am Jan. 13 – Mar. 17	*Beginner Yoga 9:45 am – 10:45 am Jan. 14 – Mar. 18	*Tabata Bootcamp 9:15 am – 10:15 am Jan. 15 – Mar. 19
*Abs Butts Thighs 10:30am – 11:30am Jan. 16 – Mar. 20	*Pure Cardio 6:00pm – 7:00pm Jan. 10 – Mar. 21	*CRT (Cardio Resistance Training) 6:00 pm – 7:00 pm Jan. 11 – Mar. 15	*Yogalates 50+ 12:10 pm – 1:10 pm Jan. 12 – Mar. 16	*Afternoon Cycle 1:30pm – 2:30pm Jan. 13 – Mar. 17	*Cycle / HIIT Class 9:30 am – 10:30 am Jan. 14 – Mar. 18	*Step and Strength 10:20 am – 11:20 am Jan. 15 – Mar. 19
*Beginner Yoga 1:15pm – 2:15pm Jan. 16 – Mar. 20	*Interval Cardio & Weight Training 7:05 pm – 8:05pm Jan. 10 – Mar. 21	* HIIT Class 7:05 pm – 8:05 pm Jan. 11 – Mar. 15	*Family Night, Family Ride Spin Class 6:00 pm – 7:00 pm Jan. 12 – Feb. 9	*People with Arthritis Can Exercise 2:00pm – 3:00pm Jan. 13 – Mar. 17		*Plus Size Fitness 11:30 am – 12:30 pm Jan. 15 – Mar. 19
				*Total Body Conditioning 6:00 pm – 7:00 pm Jan. 13 – Mar. 17		
			Family Night Family Ride Spin Class 6:00pm – 7:00pm Feb. 23 – Mar. 23	*Blastin' Boot Camp 7:05 pm – 8:05 pm Jan. 13 – Mar. 17		

Facility closed on the following days:

Monday, February 21st, 2022

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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