



Cindy Klassen Recreation Complex

Drop-in fitness schedule

999 Sargent Ave.

Schedule effective January 2 – March 29, 2025

No classes:
Louis Riel Day - Monday, February 17
(unless noted below)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Mayhem 9:15 – 10:15 a.m.	Weights 10 – 10:50 a.m.	Weights 9 – 9:50 a.m.	Weights 10 – 10:50 a.m.	Weights 9 – 9:50 a.m.	Weights 10 – 10:50 a.m.	Muscle Boot Camp 9 – 10:15 a.m.
Zumba Gold 10:30 – 11:15 a.m.	Weights 11 – 11:50 a.m.	Weights 10 – 10:50 a.m.	Weights 11 – 11:50 a.m.	Bone Building 9 – 10 a.m. Starts January 16	Weights 11 – 11:50 a.m.	Weights 10 – 10:50 a.m.
Yoga 11:30 a.m. – 12:30 p.m.	Zumba Toning 11 – 11:45 a.m. Starts January 13	Bone Building 10 – 11 a.m.	Total Body Conditioning 12:05 – 12:50 p.m. Starts January 15	Weights 10 – 10:50 a.m.	Chair Yoga 11 a.m. – noon January 10 – March 14	Weights 11 – 11:50 a.m.
-	Cardio 55+ noon – 12:50 p.m.	Deep Aquafit 10 – 11 a.m.	Yoga 1 – 2 p.m.	Deep Aquafit 10 – 11:00 a.m.	Zumba 12:05 – 12:50 p.m. Starts January 10	-
-	Yoga 1 – 2 p.m.	Weights 11 – 11:50 a.m.	Cardio Core & More 4:30 – 5:15 p.m.	Weights 11 – 11:50 a.m.	Therapeutic Yoga 1 – 2 p.m. January 10 – March 21	-
-	Zumbathon 2:30 – 4 p.m. Scheduled February 17	Total Body Conditioning 11:05 – 11:50 a.m. Starts January 14	Weights 5 – 5:50 p.m.	Aqualite 11:15 a.m. – noon	Weights 5 – 5:50 p.m.	-
-	Weights 5 – 5:50 p.m.	Aqualite 11:15 a.m. – noon	Abs/Butts/Thighs 5:15 – 6:15 p.m.	Abs/Butts/Thighs 12:05 – 12:50 p.m. Starts January 16	Total Body Conditioning 6 – 7 p.m. Starts January 10	-
-	Cardio Core & More 6 – 6:45 p.m. Starts January 13	Yoga Noon – 1:00 p.m. Last class March 18	Yoga 6:15 – 7:15 p.m.	Weights 5 – 5:50 p.m.	-	-
-	Pilates 6:50 – 7:50 p.m.	Weights 5 – 5:50 p.m.	-	Weights 6 – 6:50 p.m.	-	-
-	-	Weights 6 – 6:50 p.m.	-	Zumba 6 – 7 p.m. Starts January 16	-	-
-	-	Deep Aquafit 6 – 7 p.m.	-	-	-	-

Reserve an available space using your Active Living membership, go to winnipeg.ca/dropinfitness
For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.
Hours are subject to change. Call 311 or visit winnipeg.ca/pools for up-to-date schedule information.
Classes may be cancelled due to lack of instructor, pool space, or insufficient attendance.