

NATIONAL HEALTH & FITNESS DAY *Saturday, June 3, 2023*

Special Activity Schedule

Location	Activity Name	Activity #	Time
Cindy Klassen Recreation Complex 999 Sargent Ave.	Muscle Boot Camp	188303	8:30–9:45 a.m.
	Zumba Gold	188307	10–10:45 a.m.
	Weights Class	188304	10–10:50 a.m.
	Weights Class	188306	11–11:50 a.m.
	Weight Room Orientation	188301	12:15–1:15 p.m.
	Weight Room Orientation	188302	1:15–2:15 p.m.
Fort Rouge Leisure Centre 625 Osborne St.	Around the World Dance Party	188327	1:15–2:15 p.m.
Pan Am Pool 25 Poseidon Bay	Weight Room Orientation	188321	9:30–10:30 a.m.
	Weight Room Orientation	188322	10:30–11:30 a.m.
	intenSati	188324	11:30 a.m.–12:30 p.m.
Peguis Trail Health and Fitness Centre 1400 Rothesay St.	Cycle HIIT Class	188326	10:30–11:30 a.m.
Sergeant Tommy Prince Place 90 Sinclair St.	Zumba	188315	9:30–11:00 a.m.
	Zumba	188316	2–3 p.m.
Seven Oaks Pool 444 Adsum Dr.	Aquafitness - Deep	183788	11:30 a.m. –12:30 p.m.
St. James Assiniboia Centennial Pool 644 Parkdale St.	Weight Room Orientation	188319	1– 2 p.m.
	Weight Room Orientation	188318	2– 3 p.m.
St. James Civic Centre Pool 2055 Ness Ave.	Weight Room Orientation	188317	10:30–11:30 a.m.
	Aquafitness - Combo	188320	11:30 a.m. –12:30 p.m.

Aquafitness

An effective cardiovascular, strength, and endurance workout in a weightless environment to decrease stress on your joints.

Around the World Dance Party

A 1-hour children's dance class set to diverse music from around the world.

Cycle HIIT Class

The collaboration of short bursts of HIIT and cycling will burn more calories and improve your cardiovascular fitness. Reduce your stress levels, tone your body, and enjoy your benefits. You are in control of the intensity of your workout!

intenSati

A refreshingly different workout experience based on cardio moves, mindfulness, breathing and meditation, paired with powerful, positive, spoken affirmations to take your transformation from purely physical to totally holistic. Move your body, free your mind, amplify your greatness!

Muscle Boot Camp

Weight training workout using body bars, balls, and hand weights. This is a simple, fun, and athletic-based workout that strengthens and tones all major muscle groups. The workout is choreographed to music, so participants stay on track and focused through all muscular motions.

Weights Class

Total body circuit workout. Class will include use of weight machines, free weights, body weight, and more! Suitable for all fitness levels.

Weight Room Orientation

An orientation designed for adults new to the weight room or who need basic information about the weight room machines.

Zumba

A Zumba class open to all, come out and dance with us.

Zumba Gold

Zumba class that recreates the original moves you love at a lower intensity.

Drop in or pre-register at winnipeg.ca/leisureonline
Bring a friend or family member and let's get moving!

