

Cindy Klassen Drop-In Fitness Class Schedule					999 Sargent Avenue		height entry requirement 44" / 112 cm at shoulders
Schedule effective Tuesday January 3 – Saturday March 18, 2023 Classes offered in the Community Room							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Metabolic Mayhem 9:15am-10:15am No class Jan 29	Bone Building 9:00am-10:00am					NEW! Muscle Boot Camp 8:45am-9:45am No class Jan 28	
Zumba Gold 10:30am-11:15am No class Jan 29		55+ Cardio 9:15am-10:00am		Bone Building 9:00am-10:00am			
	Cardio Core & More 10:10am-11:00am	Stretch & Relax 10:15am-11:00am				Zumba Gold 10:00am-10:45am No class Jan 28	
		Total Body Conditioning 11:15am-12:00pm					
	Zumba™ Toning 12:05pm-12:50pm	Fitness Fix 12:05pm-12:50pm	Zumba™ 12:05pm-12:50pm	Cardio Core & More 12:05pm-12:50pm	Zumba™ 12:05pm-12:50pm No class Jan 27		
	Zumbathon™ 2:30pm-4:00pm Feb 20		Yoga 1:00pm-2:00pm		Zumba Gold 1:00pm-1:45pm No class Jan 27		
			Abs/Butts/Thighs 4:30pm-5:30pm	Zumba 4:30pm-5:20pm	NEW! Total Body Conditioning 5:00pm-6:00pm No class Jan 27		
	Plyoga 5:00pm-5:50pm			Stretch & Relax 5:30pm-6:20pm			
	HIIT 6:00pm-7:00pm		Yoga 5:30pm-6:30pm				

Reserve an available space using your Active Living Membership: Go to winnipeg.ca/leisureonline, call 311 or visit any in-person registration location
For registration information: Go to <http://winnipeg.ca/cms/recreation/leisure/registration.stm>

NO CLASSES: Monday February 20th, 2023 unless noted