

St James Civic Centre Active Living Drop-In Classes – 2055 Ness Ave

Effective Oct 2 – December 17, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Weights 7:40 – 8:30am		Weights 7:40 – 8:30 am		
	Aqualite 8:45 – 9:30 am	Aqualite - Deep 8:45 – 9:30 am	Aqualite 8:45 -9:30 am	Aqualite- Deep 8:45 – 9:30 am	Aqualite 8:45 – 9:30 am	
	Aqualite 9:30 – 10:15 am	Aqualite 9:30 – 10:15 am		Aqualite 9:30 – 10:15 am		
Weights & Water 11:30 – 1:30pm <i>(Weights Registration Required)</i>						Combo Aquafit 11:30 – 12:30 pm
Combo Aqua 12:30-1:30pm <i>(Water portion of Weights and Water Class)</i>	Combo Aquafit 6:30 – 7:30pm		Combo Aquafit 7:30 – 8:30pm			

Reserve an available space using your Active Living Membership.

Visit <http://winnipeg.ca/cms/recreation/registration.stm> for Registration Information

Check in-person registration times at the facility of your choice.

FACILITY CLOSED: October 10, 2022 Thanksgiving Day and November 11, 2022 Remembrance Day

Hours subject to change - Call 311 or visit <http://winnipeg.ca/cms/recreation/> for schedule updates

NO CLASSES: Monday October 10 & Friday November 11, 2022