

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

Effective Jan 4<sup>th</sup> – Mar 20<sup>th</sup>, 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Weights</b> 8:30am - 9:20am <i>(Jan 09 – Mar 20)</i>	<b>Weights</b> 7:40 - 8:30am <i>(Jan 10 – Mar 14)</i>		<b>Weights</b> 7:40 – 8:30 am <i>(Jan 05– Mar 16)</i>		
	<b>Aqualite</b> 8:45 – 9:30 am <i>(Jan 09 – Mar 20)</i>	<b>Aqualite - Deep</b> 8:30 – 9:15 am <i>(Jan 10 – Mar 14)</i>	<b>Aqualite</b> 8:45 -9:30 am <i>(Jan 04 – Mar 15)</i>	<b>Aqualite -Deep</b> 8:30 – 9:15 am <i>(Jan 05 – Mar 16)</i>	<b>Aqualite</b> 8:45 – 9:30 am <i>(Jan 06– Mar 17)</i>	
	<b>Aqualite</b> 9:30 – 10:15 am <i>(Jan 09 – Mar 20)</i>	<b>Aqualite - Deep</b> 9:15 – 10:30 am <i>(Jan 10 – Mar 14)</i>		<b>Aqualite - Deep</b> 9:15 – 10:00 am <i>(Jan 05 – Mar 16)</i>		
<b>Combo Aqua</b> 12:30-1:30pm <i>(Jan 08 – Mar 12)</i>						<b>Combo Aquafit</b> 11:30 – 12:30 pm <i>(Jan 07 – Mar 18)</i>
	<b>Combo Aquafit</b> 6:30 – 7:30pm <i>(Jan 09 – Mar 20)</i>		<b>Combo Aquafit</b> 7:30 – 8:30pm <i>(Jan 04 – Mar 15)</i>			

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: February 20 2023 Louis Riel Day**

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

**NO CLASSES: Monday February 20 2023**