



Cindy Klassen Recreation Complex

Drop-in fitness schedule

999 Sargent Ave.

Schedule effective July 2 – August 31, 2024

No classes:
Terry Fox Day – Monday, August 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	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. No class August 3
-	Weights 11 – 11:50 a.m.	Weights 10 – 10:50 a.m.	Weights 11 – 11:50 a.m.	Weights 10 – 10:50 a.m.	Weights 11 – 11:50 a.m.	-
-	Zumba Toning 12:05 – 12:50 p.m.	Deep Aquafit 10 – 11 a.m.	Zumba Gold 12:05 – 12:50 p.m.	Deep Aquafit 10 – 11 a.m.	Zumba 11 – 11:45 a.m. No class July 19	-
-	Yoga 1 – 2 p.m.	Total Body Conditioning 11 – 11:45 a.m.	Yoga 1 – 2 p.m.	Total Body Conditioning 11 – 11:45 a.m.	Stretch & Relax noon – 1 p.m. No class July 19	-
-	Weights 5 – 5:50 p.m.	Aqualite 11:15 a.m. – noon	Weights 5 – 5:50 p.m.	Aqualite 11:15 a.m. – noon.	Weights 5 – 5:50 p.m. No class July 19	-
-	-	Stretch & Relax noon – 1 p.m.	Abs/Butts/Thighs 5:15 – 6:15 p.m.	Zumba 12:05 - 12:50 p.m.	-	-
-	-	Weights 5 – 5:50 p.m.	Yoga 6:15 – 7:15 p.m.	Weights 5 – 5:50 p.m.	-	-
-	-	Cardio Core & More 6 – 6:45 p.m.	-	Zumba 6 – 7 p.m.	-	-
-	-	Deep Aquafit 6 – 7 p.m.	-	Deep Aquafit 6 – 7 p.m.	-	-
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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.