



Peguis Trail Health & Fitness Centre

Drop-in fitness schedule

1400 Rothesay St.

Please note some classes may not match the Leisure Guide

Schedule effective April 2 – June 17, 2024

Facility closures:
 Easter Monday – Monday, April 1
 Victoria Day – Monday, May 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vinyasa Yoga* 1:00 p.m. – 2:00 p.m. April 7 – May 5	Beginner Yoga* 9:00 a.m. – 10:00 a.m. April 8 – June 17	Beginner Yoga* 9:00 a.m. – 10:00 a.m. April 2 – June 4	Pilates/Yoga Blend* 9:00 a.m. – 10:00 a.m. April 3 – May 22	30 / 20 / 10* 8:30 a.m. – 9:30 a.m. April 4 – May 30	-	Fitness for 40+* 8:30 a.m. – 9:30 a.m. April 6 – May 25
-	Senior Walk/Run Chat Hour 9:30 a.m. – 10:30 a.m. April 8 – May 27	Senior Walk/Run Chat Hour 9:30 – 10:30 a.m. April 2 – May 28	Senior Walk/Run Chat Hour 9:30 a.m. – 10:30 a.m. April 3 – May 29	Senior Walk/Run Chat Hour 9:30 a.m. – 10:30 a.m. April 4 – May 30	Senior Walk/Run Chat Hour 9:30 a.m. – 10:30 a.m. April 5 – May 31	Power Up!* 9:40 a.m. – 10:40 a.m. April 6 – May 25
-	Yoga Continuing* 10:15 a.m. – 11:15 a.m. April 8 – June 17	CRT* 6:00 p.m. – 7:00 p.m. April 2 – May 21	Yoga Fit* 10:15 a.m. – 11:15 a.m. April 3 – May 22	Beginner Yoga* 9:45 a.m. – 10:45 a.m. April 4 – June 6	Fit for Life* 1:00 p.m. – 2:00 p.m. April 5 – May 24	Cycle / HIIT Class* 11:00 a.m. – Noon April 6 – May 25
-	B3's* 6:00 p.m. – 7:00 p.m. April 8 – May 27	HIIT* 7:05 p.m. – 8:05 p.m. April 2 – May 21	Abs Butts Thighs* 6:00 p.m. – 7:00 p.m. April 3 – May 29	Gentle Yoga* 10:55 a.m. – 11:55 a.m. April 4 – June 6	K.B.D.* 6:00 p.m. – 7:00 p.m. April 5 – May 24	Plus Size Fitness* 12:10 p.m. – 1:10 p.m. April 6 – May 25
-	Interval Cardio & Weight Training* 7:05 p.m. – 8:05 p.m. April 8 – May 27	-	30 / 20 / 10* 7:05 p.m. – 8:05 p.m. April 3 – May 29	Afternoon Cycle* 11:45 a.m. – 12:45 p.m. April 4 – May 30	-	-
-	-	-	-	Abs/Butts/Thighs* 1:00 p.m. – 2:00 p.m. April 4 – May 30	-	-
-	-	-	-	Total Body Conditioning* 6:00 p.m. – 7:00 p.m. April 4 – May 23	-	-
-	-	-	-	Circuit Express* 7:05 – 8:05 p.m. April 4 – May 23	-	-

*Use your Active Living Pass for these classes or use your Facility Pass and pay the Facility Pass Plus admission or pay the drop-in fee. Check in-person registration times at the facility of your choice. Classes may be cancelled due to lack of instructor, space, or insufficient attendance. For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.