



Peguis Trail Health & Fitness Centre

Drop-in fitness schedule

1400 Rothesay St.

Schedule effective September 15 – December 13, 2024

Facility closures:

National Day for Truth and Reconciliation
– Monday, September 30

Thanksgiving Day – Monday, October 14

Remembrance Day - Monday, November 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing 10 - 11 a.m. Sep 15 – Nov 17	Beginner Yoga* 9 – 10 a.m. Sep 16 – Nov 18	Yoga for Older Active Adults* 9 - 10 a.m. Sep 17 – Nov 19	Yoga Fit* 9:15 – 10:15 a.m. Sep 18 – Nov 6	Fit for Life* 8:15 – 9:15 a.m. Sep 19 – Nov 21	Senior Walk/Run Chat Hour 9:30 – 10:30 a.m. Sep 16 – Dec 13	Fitness for 40+* 8:30 – 9:30 a.m. Sep 21 – Nov 23
Navy Seal Challenge 11:15 - 12:15 p.m. Sep 15 – Nov 17	Senior Walk/Run Chat Hour 9:30 – 10:30 a.m. Sep 16 – Dec 13	Senior Walk/Run Chat Hour 9:30 – 10:30 a.m. Sep 16 – Nov 19	Senior Walk/Run Chat Hour 9:30 – 10:30 a.m. Sep 16 – Dec 13	Senior Walk/Run Chat Hour 9:30 – 10:30 a.m. Sep 16 – Dec 13	Bone Building* 10:15 – 11:15 a.m. Sep 20 – Nov 15	Power Up! 9:40 – 10:40 a.m. Sep 21 – Nov 23
Kickboxing 2.0* 12:30 - 1:30 p.m. Sep 15 – Nov 17	Pure Cardio* 6 – 7 p.m. Sep 16 – Nov 18	Gentle Fit for 50+* 10:15 – 11:15 a.m. Sep 17 – Nov 19	Abs/Butts/Thighs* 6 – 7 p.m. Sep 18 – Nov 20	Beginner Yoga* 9:30 – 10:30 a.m. Sep 19 – Nov 21	Yoga Continuing* 11:25 – 12:25 p.m. Sep 20 – Nov 15	Metabolic Mayhem* 10:45 - 11:45 a.m. Sep 21 – Nov 23
-	Kickboxing 2.0* 6:15 - 7:15 p.m. Sep 16 – Nov 18	Cardio 55+* 11:25 – 12:25 p.m. Sep 17 – Nov 19	30/20/10* 7:05 – 8:05 p.m. Sep 18 – Nov 20	Gentle Yoga* 10:35 – 11:35 a.m. Sep 19 – Nov 21	K.B.D. (Kettleball, Body Bar & Dumbbell) * 6 – 7 p.m. Sep 20 – Nov 8	Plus Size Fitness 11:50 – 12:50 p.m. Sep 21 – Nov 23
-	Interval Cardio & Weight Training* 7:05 – 8:05 p.m. Sep 16 – Nov 18	CRT (Cardio Resistance Training) * 6 – 7 p.m. Sep 17 – Nov 19	Kickboxing 2.0* 6:15 - 7:15 p.m. Sep 18 – Nov 20	Total Body Conditioning* 6 – 7 p.m. Sep 19 – Nov 21	Kickboxing 2.0* 6:15 - 7:15 p.m. Sep 20 - Oct 11	Kickboxing 10 - 11 a.m. Sep 21 – Nov 23
-	Kickboxing 7:30 - 8:30 p.m. Sep 16 – Nov 18	HIIT* 7:05 – 8:05 p.m. Sep 17 – Nov 19	Boxing 7:30 - 8:30 p.m. Sep 18 – Nov 20	Circuit Express* 7:05 – 8:05 p.m. Sep 19 – Nov 21	Boxing for Ladies Only 7:30 - 8:30 p.m. Sep 20 - Oct 11	Kickboxing 2.0* 11:15 - 12:15 p.m. Sep 21 – Nov 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.

Please note that some classes may not match the Leisure Guide.

For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.