



Elmwood-Kildonan Branch

Effective January 9, 2023

GROUP FITNESS CLASSES

*classes are subject to change without notice

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|--|--|
| Triple Sets 6:30am - 7:15am | | HIIT + Strength 6:30am - 7:15am | | HIIT + Strength 6:30am - 7:15am | SPIVI Cycle 8:30am - 9:15am | |
| Aquafit - Shallow 9:15am - 10:00am | Aquafit - Shallow 9:00am - 9:45am | Aquafit - Shallow 9:00am - 9:45am | Aqua Zumba 9:00am - 9:45am | Aquafit - Shallow 9:00am - 9:45am | Total 20's 9:00am - 10:00am | Aquafit - Shallow 9:30am - 10:15am |
| Total Sculpt 9:15am - 10:00am | Total 20's 9:00am - 10:00am | Bandtastic Sculpt 9:15am - 10:00am | Cardio Blast 9:15am - 10:00am | Abs+ 9:15am - 9:45am | Yoga - Hatha 10:15am - 11:15am | |
| | Aquafit - Shallow 12:00pm - 12:45pm | | | | | |
| Gentle Fit 1:30pm - 2:15pm | | | Zumba Gold 1:30pm - 2:15pm | | Aqua Zumba 1:00pm - 1:45pm | |
| Beginner Strength 6:00pm - 6:45pm | SPIVI Cycle 6:00pm - 6:45pm | Zumba 6:00pm - 6:45pm | SPIVI Cycle 6:00pm - 6:45pm | | | |
| | Triple Sets 6:00pm - 6:45pm | Total Sculpt 6:45pm - 7:30pm | Yoga - Vinyasa 6:00pm - 7:00pm | | | |
| Zumba 7:15pm - 8:00pm | Yoga - Hatha 7:00pm - 8:00pm | | | | | |
| Aquafit - Shallow 7:45pm - 8:30pm | | | | | | |

● Speciality
 ● Strength-based
 ● Cardio-based
 ● Aquatic-based
 ● Gentle Fit-based

Monday - Friday: 6:00 am - 10:30 pm • Saturday - Sunday: 7:00 am - 8:00 pm
 454 Kimberly Street • 204.668.8140 • ywinnipeg.ca