

WINNIPEG EXERCISE AND WELLNESS CLASSES

Boxing

Rock Steady Boxing Winnipeg
46 Belair Rd.
Winnipeg, MB R3T 0S2
Contact: (204) 510-4869
Email: Winnipeg@rsbaffiliate.com

Mondays and Thursdays, 12:00 pm
In This Corner Boxing Centre
211-1460 Chevrier Blvd.
Winnipeg, MB R3T 1Y7
Contact: (204) 453-6560
Email: info@inthiscorner.ca

Creative Arts

2nd Thursday and Saturday, 9:30 am
Shake It Up Creative Arts Group
Parkinson Canada Winnipeg
7-414 Westmount Dr.
Winnipeg, MB R2J 1P2
Contact: Donna Greening - (800) 565-3000 ext. 3440
Email: donna.greening@parkinson.ca

Parkinson Exercise Program

Wednesdays, 2:10pm
Rady JCC
123 Doncaster St. B100
Winnipeg, MB R3N 2B3
Contact: (204) 477-7510

Peer-led Exercise

Thursdays, 1:30 pm
Central Church of Christ
170 St. Mary's Rd.
Winnipeg, MB R2H 1H9
Contact: Donna Greening - (800) 565-3000 ext. 3440
Email: donna.greening@parkinson.ca

Mondays, 1:30pm
McIvor Avenue Mennonite Brethren Church
200 McIvor Ave.
Winnipeg, MB R2G 0Z8
Contact: Donna Greening - (800) 565-3000 ext. 3440
Email: donna.greening@parkinson.ca

Wednesdays, 1:30 pm
Transcona Alliance Church
751 Kildare Ave E
Winnipeg, MB R2C 0P9
Contact: Donna Greening - (800) 565-3000 ext. 3440
Email: donna.greening@parkinson.ca

Yoga

Thursdays, 10:15 am
In This Corner Boxing Centre
211-1460 Chevrier Blvd
Winnipeg, MB R3T 1Y7
Contact: Sam Squire - (204) 510-4869