

Drop In Fitness Schedule - Winter 2022

**January 20
through
March 27, 2022**



Parks, Recreation & Culture

For more information or to register:

DeltaReg.ca
604-952-3000

Kennedy Seniors Centre - 11760 - 88 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	*Gentle Fit	Low Impact				*45 Minute Class	
10:30am		*Fit & Functional		*Fit & Functional			
11:45am	Fit and Active		Fit and Active	Simply Stretch			

Sungod Recreation Centre - 7815 - 112 Street

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am		Yoga		Yoga			
9:15am		Muscle Max		Muscle Max		Muscle Max	
10:30am					Yoga		Yoga
12:15pm		Simply Stretch					
5:30pm				Muscle Max		*45 Minute Class	
6:30pm			Yoga				

Please note: Fitness schedules are subject to change.

Participants 13-15yrs may attend when accompanied by an adult over 18 yrs.

Modified Schedule:
February 21