

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

Ladner Leisure Centre - 4600 Clarence Taylor Cres

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am		Muscle Max		Muscle Max		Muscle Max	
10:30am	Fit and Active	*Gentle Fit	Fit and Active	*Gentle Fit	On the Ball		
12:15pm	Yoga Flow		Yoga		Yoga		
7:30pm		Simply Stretch	Yoga	Yoga			

Winskill Aquatic & Fitness Centre - 5755 9 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am		Simply Stretch	Muscle Max	Simply Stretch			
11:45am	Yoga		Yoga		Yoga	*45 Minute Class	
6:30pm		Yoga		Yoga			

Please note: Fitness schedules are subject to change.

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

Modified Schedule:

February 21