

# Drop In Fitness Schedule - Spring 2022

**March 28  
through  
July 3, 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				<b>*45 Minute Class</b>	
10:30am	@Zumba Gold	*Fit & Functional		*Fit & Functional			
11:45am	Fit and Active			Simply Stretch			
12:15pm			Fit and Active				

## Sungod Recreation Centre - 7815 - 112 Street

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Step Combo		Step Combo				
7:00am		Yoga		Yoga			
9:15am	Step Cardio	Muscle Max	<u>Step Combo</u> <u>Cycle Fit</u>	Muscle Max	*H.I.I.T.	<u>Muscle Max</u> <u>Cycle Fit</u>	<u>Step Cardio</u> <u>Cycle Fit</u>
10:30am					Yoga	@Zumba Fitness	Yoga
12:15pm		Simply Stretch					
4:30pm					*H.I.I.T.		
5:30pm		Cycle & Strength	*H.I.I.T.	Muscle Max		<b>*45 Minute Class</b>	
6:30pm	Boot Camp		Yoga				
7:00pm				Boot Camp			

## North Delta Recreation Centre - 11415 - 84 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00pm		@Zumba Fitness		@Zumba Fitness			

**Please note:** Fitness schedules are subject to change.

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

**Modified Schedule:**

April 15, 18  
May 23  
July 1