

# 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

## Ladner Leisure Centre - 4600 Clarence Taylor Cres

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

## Winskill Aquatic & Fitness Centre - 5575 9 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	*H.I.I.T.	Simply Stretch	Muscle Max	Simply Stretch	Cycle & Strength		
10:30am			@Zumba Gold		*Gentle Fit		
11:45am	Yoga		Yoga		Yoga	<b>*45 Minute Class</b>	
6:30pm		Yoga	@Zumba Fitness	Yoga			

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

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

### Modified Schedule:

April 15, 18  
May 23  
July 1