

Drop In Fitness Schedule - Summer 2022

**July 4
through
September 4, 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 | @Zumba Fitness | *H.I.I.T. Cycle & Strength | Boot Camp | *45 Minute Class | | |
| 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 | | | |
| 10:30am | | | @Zumba Gold | | *Gentle Fit | | |
| 11:45am | Yoga | | Yoga | | Yoga | *45 Minute Class | |
| 6:30pm | | Yoga | @Zumba Fitness | Yoga | | | |

Please note: Fitness schedules are subject to change.

Modified Schedule:

August 1