

Drop In Fitness Schedule - Fall 2022

**September 5-
December 18, 2022**



Parks, Recreation & Culture

For more information or to register:

delta.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	®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> Cycle Fit	Muscle Max	*H.I.I.T.	<u>Muscle Max</u> Cycle Fit	Step Cardio
10:30am					Yoga	®Zumba Fitness	Yoga
12:15pm		Simply Stretch					
5:30pm	*H.I.I.T.	Cycle & Strength	*H.I.I.T.	Muscle Max		*45 Minute Class	
6:45pm			Yoga				

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.

Modified Schedule:

September 5, 30

October 10

November 11