

Holiday Drop-in Fitness Schedule

KENNEDY SENIORS CENTRE

December 19-January 1



Parks, Recreation & Culture

For more information or to register;

Delta.ca

604-952-3000

	Monday December 19	Tuesday December 20	Wednesday December 21	Thursday December 22	Friday December 23	Saturday December 24	Sunday December 25
9:15am		Low Impact					CLOSED
10:30am	®Zumba Gold	*Fit and Functional		*Fit and Functional			
11:45am	Fit and Active			Simply Stretch			
12:15pm							

	Monday December 26	Tuesday December 27	Wednesday December 28	Thursday December 29	Friday December 30	Saturday December 31	Sunday January 1
9:15am	CLOSED	CLOSED					CLOSED
10:30am			*Fit and Functional				
11:45am			Simply Stretch				
12:15pm			Fit and Active				

Please note: Fitness schedules are subject to change.

*45 minute Class