

# Delta Drop-in Fitness Monday April 10, 2023

**Kennedy Seniors Centre NO CLASSES**

## **Sungod Recreation Centre**

9:15am Step Cardio

5:30pm H.I.I.T

**North Delta Recreation Centre NO CLASSES**

## **Ladner Leisure Centre**

9:15am Step Combo

10:30am Fit and Active

12:15pm Yoga

5:15pm H.I.I.T.

6:15pm Muscle Max

**Winskill Fitness and Aquatics Centre**

**NO CLASSES**