

Drop In Fitness Schedule - Spring 2023

**March 27
through
July 2, 2023**



Parks, Recreation & Culture
For more information or to register
visit delta.ca or call
604-952-3000

Kennedy Seniors Centre - 11760 - 88 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am		Fit and Active				*45 Minute Class	
10:30am	®Zumba						
11:45am	Fit and Active						
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	<u>Muscle Max</u> Cycle & Strength	*H.I.I.T.	<u>Muscle Max</u> Cycle & Strength	Step Cardio
10:30am					Yoga	®Zumba Fitness	Yoga
12:00pm		Simply Stretch					Yoga Flow
5:30pm	*H.I.I.T.	<u>Cycle & Strength</u> Step Combo	*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:

April 7, 10
May 22
July 1