

Drop In Fitness Schedule - Fall 2023

**September 5-
December 22, 2023**



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		Fit & Active		Fit & Active		*45 Minute Class	
10:30am	®Zumba Gold	*Fit & Functional		*Fit & Functional			
11:45am	Fit and Active			Simply Stretch			
12:15pm			Fit and Active				
5:15pm			®Zumba Fitness				

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	<u>Muscle Max</u> Cycle Fit	<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	Simply Stretch	Yoga	Simply Stretch	Yoga	®Zumba Fitness	Yoga Flow
12:00pm							Yoga
5:30pm	*H.I.I.T.	<u>Cycle & Strength</u>	*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:

October 2, 9

November 13