

# 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

## Ladner Leisure Centre - 4600 Clarence Taylor Cres

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	*Cycle Fit				*Cycle Fit		
9:15am	Step Combo	Muscle Max	Step Cardio	Muscle Max	Step Cardio	Muscle Max	Step Combo
10:30am	Fit & Active	*Gentle Fit	Fit & Active	*Gentle Fit	On the Ball	<u>®Zumba Fitness</u> *Cycle Fit	*Cycle Fit
12:15pm	Yoga	*Cycle Fit	Yoga	*Cycle Fit	Yoga		
5:15pm	*H.I.I.T.	*On the Ball	*H.I.I.T.	*Muscle Max	<b>*45 Minute Class</b>		
6:15pm	<u>Muscle Max</u> *Cycle Fit	®Zumba Fitness	<u>Cycle &amp; Strength</u> ®Zumba Fitness	®Zumba Fitness			
7:30pm			Yoga				

## Winskill Aquatic & Fitness Centre - 5575 9 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	*H.I.I.T.	Simply Stretch	Muscle Max	Simply Stretch	*Cycle Fit		
10:15am					*Muscle Max		
10:30am		<u>Yoga</u> *Gentle Fit	®Zumba Gold		*Gentle Fit		
11:45am	Yoga		Yoga		Yoga	<b>*45 Minute Class</b> <b>** <u>Winskill Field House</u></b>	
5:15pm				Muscle Max			
6:30pm		<u>**Yoga</u>		<u>**Yoga</u>			

Please note: Fitness schedules are subject to change.

### Modified Schedule:

October 2, 9

November 13