

DROP-IN FITNESS SCHEDULE WINTER 2024



Winskill Aquatic & Fitness Centre:
5575 9 Avenue, Delta, BC V4M 1W1

Effective Date:
January 29 - March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*HIIT 9:15am-10:00am</p> <p>Fit and Active 10:30am-11:30am</p> <p>Yoga 11:45am-12:45pm</p>	<p>Simply Stretch 9:15am-10:15am</p> <p>*Gentle Fit 10:30am-11:15am</p> <p>**Yoga 6:30pm - 7:30pm</p>	<p>Muscle Max 9:15am-10:15am</p> <p>Zumba Gold® 10:30am-11:30am</p> <p>Yoga 11:45am-12:45pm</p> <p>Muscle Max 5:15pm-6:15pm</p>	<p>Simply Stretch 9:15am-10:15am</p> <p>Yoga 10:30am-11:30am</p> <p>**Yoga 6:30pm-7:30pm</p>	<p>*Cycle Fit 9:15am-10:00am</p> <p>*Muscle Max 10:15am-11:00am</p> <p>*Gentle Fit 10:30am-11:15am</p> <p>Yoga 11:45am-12:45pm</p>	<p>Muscle Max 9:15am-10:15am</p> <p>Zumba Fitness® 10:30am-11:30am</p>	<p>*45 minute</p> <p>**Located at Winskill Field house</p> <p>Modified schedule February 19 March 29</p>