

DROP-IN FITNESS SCHEDULE SPRING 2024



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

Effective Date:
April 15- June 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*H.I.I.T 9:15am-10:00am	Simply Stretch 9:15am-10:15am	Muscle Max 9:15am-10:15am	Simply Stretch 9:15am-10:15am	*Cycle Fit 9:15am-10:00am	Muscle Max 9:15am-10:15am	
Fit & Active 10:30am-11:30am	**Gentle Fit 10:30am-11:15am	Zumba Gold® 10:30am-11:30am	Yoga 10:30am-11:30am	*Muscle Max 10:15am-11:00am	Yoga 10:30am-11:30am	
	**Fit & Functional 11:30am-12:15pm		**Fit & Functional 10:30am-11:15am	**Gentle Fit 10:30am-11:15am		
Yoga 11:45am-12:45pm		Yoga 11:45am-12:45pm		Yoga 11:45am-12:45pm		
		Muscle Max 5:15pm-6:15pm				
	Yoga 6:30pm-7:30pm		Yoga 6:30pm-7:30pm			
						*45 minutes
						**Located in Multi Purpose Room
						*Modified schedule May 20 , 2024