

DROP-IN FITNESS SCHEDULE SPRING 2024



Kennedy Seniors Recreation Centre:

11760 88 Avenue, Delta V4C 3C5

Effective Date:

April 1- June 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>® Zumba Gold 10:30am - 11:30am</p> <p>Fit & Active 11:45am - 12:45pm</p>	<p>Fit & Active 9:15am-10:15am</p> <p>*Fit & Functional 10:30am - 11:15am</p> <p>Gentle Yoga 11:45am - 12:45pm</p>	<p>® Zumba 5:15pm-6:15pm</p>	<p>Fit & Active 9:15am-10:15am</p> <p>*Fit & Functional 10:30am - 11:15am</p> <p>Simply Stretch 11:45am - 12:45pm</p>		<p>Gentle Yoga 9:15am-10:15am</p>	<p>*45 minutes</p> <p>CLOSED NO CLASSES April 1 and May 20, 2024</p>