

DROP-IN FITNESS SCHEDULE FALL 2024



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

Effective Date:
October 1 - 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*H.I.I.T 9:15am-10:00am</p> <p>Yoga 11:45am-12:45pm</p>	<p>**Gentle Fit 10:30am-11:15am</p> <p>Simply Stretch 10:30am - 11:30am</p> <p>**Fit and Functional 11:30am-12:15pm</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>**Fit and Functional 11:30am-12:15pm</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>Yoga 10:30am-11:30am</p>	<p>*45 minutes</p> <p>**Located in Multi Purpose Room</p> <p>Modified Schedule October 14 November 11</p>