

# DROP-IN FITNESS SCHEDULE SPRING 2025



## Kennedy Seniors Recreation Centre:

11760 88 Avenue, Delta V4C 3C5

## Effective Date:

March 31- June 29, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Fit and Active 9:15am-10:15am</p> <p>® Zumba 10:30am - 11:30am</p>	<p>Fit and Active 9:15am-10:15am</p> <p>*Fit and Functional 10:30am - 11:15am</p> <p>Simply Stretch 11:45am - 12:45pm</p>	<p>Gentle Yoga 12:15pm-1:15pm</p>	<p>*Fit and Functional 10:30am - 11:15am</p> <p>Simply Stretch 12:30pm- 1:30pm</p>		<p>Yoga 9:45am-10:45am</p> <p>*Fit and Functional 11am--11:45am</p> <p>Chair Dance Fitness 12pm-1pm</p>	<p>*45 minutes No Classes Monday April 21, 2025</p>