

DROP-IN FITNESS SCHEDULE WINTER 2025



North Delta Recreation Centre:

11415 84 Avenue, Delta, BC V4C 2L9, North Delta

Effective Date:

January 6 - March 30, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------------|-----------|-------------------|--------|----------|--|
| *Fit and Functional 10:30am-11:15am | Zumba® 7pm-8pm | | Zumba® 7pm-8pm | | | *45 minute Modified Schedule February 17 |