

# DROP-IN FITNESS SCHEDULE WINTER 2025



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

**Effective Date:**  
March 10 -30, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*H.I.I.T 9:15am-10am</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 6:15pm-7:15pm</p>	<p>Muscle Max 9:15am-10:15am</p> <p>Zumba Gold® 10:30am-11:30am</p> <p>Muscle Max 5:15pm-6:15pm</p>	<p>Simply Stretch 9:15am-10:15am</p> <p>**Fit and Functional 12pm-12:45pm</p> <p>Yoga 5pm-6pm</p> <p>Yoga 6:15pm-7:15pm</p>	<p>*Cycle Fit 9:15am-10am</p> <p>*Muscle Max 10:15am-11am</p> <p>**Gentle Fit 10:30am-11:15am</p> <p>Yoga 11:45am-12:45pm</p>	<p>Muscle Max 9:15am-10:15am</p> <p>Yoga 10:30am-11:30am</p>	<p>*45 minutes</p> <p>**Located in Multi Purpose Room</p>