

DROP-IN FITNESS SCHEDULE FALL 2025



Kennedy Seniors Recreation Centre:

11760 88 Avenue, Delta V4C 3C5

Effective Date:

September 1- January 4, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit and Active 9:15am-10:15am	Fit and Active 9:15am-10:15am		Fit and Active 9:15am - 10:15am		*Fit and Functional 11am-11:45am	*45 minutes
Fit and Functional 10:45m-11:30am	*Fit and Functional 10:30am - 11:15am		*Fit and Functional 10:30am - 11:15am		Chair Dance Fitness 12pm-1pm	No Classes September 1, 30 October 13 November 11 December 26 January 1
® Zumba 12pm-1pm	Simply Stretch 11:45am - 12:45pm	Gentle Yoga 12:15pm-1:15pm	Simply Stretch 12:30pm- 1:30pm			Scan the QR code for the most current drop-in fitness schedule information
						