


DROP-IN FITNESS SCHEDULE FALL 2025



North Delta Recreation Centre:
11415 84 Avenue, Delta, BC V4C 2L9, North Delta

Effective Date:
September 1- January 4, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Zumba® 7pm-8pm		Zumba® 7pm-8pm			<div>*45 minute</div> <div>Modified Schedule September 1 and 30 October 13 November 11 December 26 January 1</div> <div>Scan the QR code for the most current drop-in fitness schedule information</div> <div></div>