

DROP-IN FITNESS SCHEDULE FALL 2025



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

Effective Date:
September 1- January 4, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*H.I.I.T 9:15am-10am Yoga 11:45am-12:45pm	*H.I.I.T 8am-8:45am **Gentle Fit 10:30am-11:15am **Fit and Functional 11:30am-12:15pm Simply Stretch 11:45am-12:45pm *Cycle Fit 5:15pm-6pm Yoga 6:15pm-7:15pm	*Cycle Fit 6:15am-7am Muscle Max 9:15am-10:15am Zumba Gold® 10:30am-11:30am Yoga 11:45am-12:45pm Yoga 1pm-2pm Muscle Max 5:15pm-6:15pm	Simply Stretch 9:15am-10:15am **Fit and Functional 11:30am-12:15pm Yoga 6:15pm-7:15pm	*Cycle Fit 9:15am-10am *Muscle Max 10:15am-11am **Gentle Fit 10:30am-11:15am Yoga 11:45am-12:45pm	Muscle Max 9:15am-10:15am	*45 minutes **Located in Multi Purpose Room Modified Schedule September 1, 30 October 13 November 11 December 26 January 1 Scan the QR code for the most current drop-in fitness schedule information 