



DROP-IN FITNESS SCHEDULE WINTER 2026

Effective Date: January 5 - March 29, 2026

Location: Kennedy Seniors Recreation Centre

Address: 11760 88 Avenue, Delta V4C 3C5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 - 10:15 am	Zumba ®	Fit & Active		Fit & Active			
9:45 - 10:45 am						Yoga	
10:30 -11:30 am	Fit & Active	*Fit & Functional		*Fit & Functional			
11:00 - 11:45 am						*Fit & Functional	
11:45 -12:45 pm		Simply Stretch					
12:00 - 1:00 pm						Chair Dance Fit	
12:15 - 1:15 pm			Gentle Yoga			Modified Schedule February 16th	
12:30 - 1:30 pm				Simply Stretch		*45 minutes	

Schedules are subject to change without notice.

Learn more at delta.ca/Fitness or scan the QR code.

