



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.

