



DROP-IN FITNESS SCHEDULE SUMMER 2026

Effective Date: June 29 - September 6, 2026

Location: Winskill Aquatic & Fitness Centre

Address: 5575 9 Avenue, Delta, BC V4M 1W1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00 am	Muscle Max	*HIIT	Fit & Active	Fit & Active			
9:15 - 10:15 am	*HIIT		Muscle Max	Simply Stretch	*Cycle Fit	Muscle Max	
10:15 - 11:15 am		Muscle Max			Muscle Max		
10:30 - 11:15 am				*Gentle Fit	*Gentle Fit		
10:30 - 11:30 am			Zumba Gold ®	Muscle Max			
11:30 - 12:30 pm		Simply Stretch		*Fit & Functional			
11:45 - 12:45 pm	Yoga		Yoga		Yoga		
1:00 - 2:00 pm		Zumba ®	Yoga	Zumba ®		Modified Schedule July 1 and August 3	
5:15 - 6:15 pm		*Cycle Fit	Muscle Max				
6:15 - 7:15 pm		Yoga		Yoga		*45 minutes	

Schedules are subject to change without notice.
Learn more at delta.ca/Fitness or scan the QR code.

