



# DROP-IN FITNESS SCHEDULE SUMMER 2026

**Effective Date:** June 29 - September 6, 2026

**Location:** Kennedy Seniors Recreation Centre

**Address:** 11760 88 Avenue, Delta, BC V4C 3C5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 - 10:15 am	Zumba Gold ®	Fit & Active		Fit & Active			
9:45 - 10:45 am						Gentle Yoga	
10:30 - 11:30 am	Fit & Active	*Fit & Functional		*Fit & Functional			
11:00 - 11:45 am						*Fit & Functional	
11:45 - 12:45 pm	Gentle Yoga	Simply Stretch					
12:00 - 1:00 pm						Chair Dance Fit	
12:15 - 1:15 pm			Gentle Yoga			<b>Modified Schedule</b> July 1 and August 3 *45 minutes	
12:30 - 1:30 pm				Simply Stretch			

**Schedules are subject to change without notice.**  
 Learn more at [delta.ca/Fitness](https://delta.ca/Fitness) or scan the QR code.

