

DROP-IN FITNESS SCHEDULE FALL 2026

Effective Date: September 7, 2026 - January 3, 2027

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			**Modified Schedule** Sep 7, Sep 30, Oct 12, Nov 11, Dec 25, Dec 26 and Jan 1.	
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.

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