

DROP-IN FITNESS SCHEDULE FALL 2026

Effective Date: October 1, 2026 - January 3, 2027

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	*HIIT			
9:00 - 10:00 am				Simply Stretch			
9:15 - 10:15 am	*HIIT		Muscle Max		*Cycle Fit	Muscle Max	
10:15 - 11:15 am		Muscle Max		Muscle Max	Muscle Max		
10:30 - 11:30 am			Zumba Gold ®	*Gentle Fit	*Gentle Fit		
11:30 - 12:30 pm				*Fit & Functional			
11:30 - 12:30 pm				Zumba ®			
11:45 - 12:45 pm	Yoga	Simply Stretch	Yoga		Yoga		
12:00 - 1:00 pm						Yoga	
1:00 - 2:00 pm		Zumba ®	Yoga				
5:15 - 6:15 pm		*Cycle Fit	Muscle Max				
6:15 - 7:15 pm		Yoga		Yoga			

New Class! Starting **Oct. 10**

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

*45 minutes

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

Delta