

Drop In Fitness Schedule - Summer 2022

**July 4
through
September 4, 2022**



Parks, Recreation & Culture

For more information or to register;

DeltaReg.ca

604-952-3000

Ladner Leisure Centre - 4600 Clarence Taylor Cres

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	*Cycle Fit				*Cycle Fit		
9:15am	Step Combo	Muscle Max *Cycle Fit	Step Cardio	Muscle Max *Cycle Fit	Step Cardio	Muscle Max	Step Combo
10:30am	Fit and Active	*Gentle Fit	Fit and Active	*Gentle Fit	On the Ball	®Zumba Fitness	*Cycle Fit
12:15pm	Yoga Flow	*Cycle Fit	Yoga		Yoga		
6:15pm	Muscle Max	®Zumba Fitness	*H.I.I.T. Cycle & Strength	Boot Camp	*45 Minute Class		
7:30pm		Simply Stretch	Yoga				

Winskill Aquatic & Fitness Centre - 5575 9 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	*H.I.I.T.	Simply Stretch	Muscle Max	Simply Stretch	Cycle & Strength		
10:30am			®Zumba Gold		*Gentle Fit		
11:45am	Yoga		Yoga		Yoga	*45 Minute Class	
6:30pm		Yoga	®Zumba Fitness	Yoga			

Please note: Fitness schedules are subject to change.

Participants 13-15yrs may attend when accompanied by an adult over 18yrs.

Modified Schedule:

August 1