

Drop In Fitness Schedule - Winter 2023

**January 2 -
March 26, 2023**



Parks, Recreation & Culture
For more information or to register;
delta.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	Step Cardio	Muscle Max	Step Cardio	Muscle Max	Step Combo
10:30am	Fit and Active	*Gentle Fit	Fit and Active	*Gentle Fit	On the Ball	<u>®Zumba Fitness</u> *Cycle Fit	*Cycle Fit
12:15pm	Yoga	*Cycle Fit	Yoga	*Cycle Fit	Yoga		
5:15pm	*H.I.I.T.		*H.I.I.T.	*Muscle Max	*45 Minute Class		
6:15pm	<u>Muscle Max</u> *Cycle Fit	®Zumba Fitness	Cycle & Strength	®Zumba Fitness			
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		<u>Yoga</u> *Gentle Fit	®Zumba Gold	Yoga	*Gentle Fit		
11:45am	Yoga		Yoga		Yoga	*45 Minute Class	
6:30pm		Yoga	®Zumba Fitness	Yoga			

Please note: Fitness schedules are subject to change.

Modified Schedule:

January 2
February 20