

# Drop In Fitness Schedule - Fall 2023

**September 5-  
December 22, 2023**



**Parks, Recreation & Culture**

For more information or to register:

delta.ca

604-952-3000

## Kennedy Seniors Centre - 11760 - 88 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am		Fit & Active		Fit & Active		<b>*45 Minute Class</b>	
10:30am	®Zumba Gold	*Fit & Functional		*Fit & Functional			
11:45am	Fit and Active			Simply Stretch			
12:15pm			Fit and Active				
5:15pm			®Zumba Fitness				

## Sungod Recreation Centre - 7815 - 112 Street

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Step Combo		Step Combo				
7:00am		Yoga		Yoga			
9:15am	Step Cardio	Muscle Max Cycle Fit	Step Combo *Cycle Fit	Muscle Max Cycle & Strength	*H.I.I.T.	Muscle Max Cycle & Strength	Step Cardio
10:30am	Yoga	Simply Stretch	Yoga	Simply Stretch	Yoga	®Zumba Fitness	Yoga
12:00pm							Yoga Flow
5:30pm	*H.I.I.T.	Cycle & Strength Step Combo	*H.I.I.T.	Muscle Max		<b>*45 Minute Class</b>	
6:45pm			Yoga				

## North Delta Recreation Centre - 11415 - 84 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00pm		®Zumba Fitness		®Zumba Fitness			

Please note: Fitness schedules are subject to change.

**Modified Schedule:**

October 2, 9

November 13