

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

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 & Active	*Gentle Fit	Fit & Active	*Gentle Fit	On the Ball	®Zumba Fitness *Cycle Fit	*Cycle Fit
12:15pm	Yoga	*Cycle Fit	Yoga	*Cycle Fit	Yoga		
5:15pm	*H.I.I.T.	*On the Ball	*H.I.I.T.	*Muscle Max	*45 Minute Class		
6:15pm	Muscle Max *Cycle Fit	®Zumba Fitness	Cycle & Strength ®Zumba Fitness	®Zumba Fitness			
7:30pm			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 Fit		
10:15am					Muscle Max		
10:30am		Yoga *Gentle Fit	®Zumba Gold		*Gentle Fit		
11:45am	Yoga		Yoga		Yoga	*45 Minute Class	
5:15pm				Muscle Max			
6:30pm		Yoga		Yoga			

Please note: Fitness schedules are subject to change.

Modified Schedule:

October 2, 9
November 13