



DROP-IN FITNESS SCHEDULE SPRING 2026

Effective Date: March 30 - June 28, 2026

Location: Kennedy Seniors Recreation Centre

Address: 11760 88 Avenue, Delta, BC V4C 3C5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 - 10:15 am	Zumba Gold ®	Fit & Active		Fit & Active			
9:45 - 10:45 am						Gentle Yoga	
10:30 - 11:30 am	Fit & Active	*Fit & Functional		*Fit & Functional			
11:00 - 11:45 am						*Fit & Functional	
11:45 - 12:45 pm	Gentle Yoga	Simply Stretch					
12:00 - 1:00 pm						Chair Dance Fit	
12:15 - 1:15 pm			Gentle Yoga			Modified Schedule April 3 and 6 May 18	
12:30 - 1:30 pm				Simply Stretch			

Schedules are subject to change without notice.

Learn more at delta.ca/Fitness or scan the QR code.

