



# DROP-IN FITNESS SCHEDULE SPRING 2026

**Effective Date:** March 30 - June 28, 2026

**Location:** Ladner Leisure Centre

**Address:** 4600 Clarence Taylor Crescent, Delta, BC V4K 3X3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 am	*Cycle Fit				*Cycle Fit		
9:15 - 10:15 am	Step Combo	On the Ball	Step Combo	Muscle Max	*H.I.I.T.	Muscle Max	Cycle & Strength
10:30 - 11:15 am	*Muscle Max	*Gentle Fit		*Gentle Fit		*Cycle Fit	
10:30 - 11:30 am			Fit & Active		On the Ball	Zumba ®	Athletix
12:00 - 1:00 pm	Yoga		Yoga	Yoga	Yoga		
12:15 - 1:00 pm		*Cycle Fit		*Cycle Fit			
12:15 - 1:15 pm		Chair Yoga					
4:15 - 5:00 pm				*Athletix			
5:15 - 6:00 pm	*H.I.I.T.	*Athletix	*H.I.I.T.	*Muscle Max			
6:15 - 7:15 pm	*Cycle Fit		Cycle & Strength			<b>Modified Schedule</b> April 3 and 6 May 18	
6:15 - 7:15 pm	Muscle Max	Zumba ®	Zumba ®	Zumba ®			
7:30 - 8:30 pm	Yoga			Yoga		*45 minutes	

**Schedules are subject to change without notice.**

Learn more at [delta.ca/Fitness](https://delta.ca/Fitness) or scan the QR code.

