

DROP-IN FITNESS SCHEDULE SPRING 2026

Effective Date: March 30 - June 28, 2026

Location: North Delta Recreation Centre

Address: 11415 84 Avenue, Delta, BC V4C 2L9



Zumba

TUESDAYS & THURSDAYS

7:00 - 8:00 pm



Yoga in Punjabi

THURSDAYS: APRIL 2 - 30

9:00 - 10:00 am



Schedules are subject to change without notice.

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

