



# DROP-IN FITNESS SCHEDULE SPRING 2026

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

**Location:** Winskill Aquatic & Fitness Centre

**Address:** 5575 9 Avenue, Delta, BC V4M 1W1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00 am	Muscle Max	*H.I.I.T.	Fit & Active	Fit & Active			
9:15 - 10:15 am	*H.I.I.T.		Muscle Max	Simply Stretch	*Cycle Fit	Muscle Max	
10:15 - 11:15 am		Muscle Max			Muscle Max		
10:30 - 11:15 am				*Gentle Fit	*Gentle Fit		
10:30 - 11:30 am			Zumba Gold ®	Muscle Max		Muscle Max	
11:30 - 12:30 pm		Simply Stretch		*Fit & Functional			
11:45 - 12:45 pm	Yoga		Yoga		Yoga		
1:00 - 2:00 pm		Zumba ®	Yoga	Zumba ®		<b>Modified Schedule</b> April 3 and 6 May 18	
5:15 - 6:15 pm		*Cycle Fit	Muscle Max				
6:15 - 7:15 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.

