

Drop In Fitness Schedule - Summer 2022

**July 4
through
September 4, 2022**



Parks, Recreation & Culture

For more information or to register:

DeltaReg.ca
604-952-3000

Kennedy Seniors Centre - 11760 - 88 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	*Gentle Fit	Low Impact				*45 Minute Class	
10:30am	@Zumba Gold	*Fit & Functional		*Fit & Functional			
11:45am	Fit and Active			Simply Stretch			
12:15pm			Fit and Active				

Sungod Recreation Centre - 7815 - 112 Street

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Step Combo		Step Combo				
7:00am		Yoga		Yoga			
9:15am	Step Cardio	Muscle Max	Step Combo Cycle Fit	Muscle Max	*H.I.I.T.	Muscle Max Cycle Fit	Step Cardio
10:30am					Yoga	@Zumba Fitness	Yoga
12:15pm		Simply Stretch					
4:30pm					*H.I.I.T.		
5:30pm		Cycle & Strength	*H.I.I.T.	Muscle Max		*45 Minute Class	
6:30pm			Yoga				
7:00pm				Boot Camp			

North Delta Recreation Centre - 11415 - 84 Avenue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00pm		@Zumba Fitness		@Zumba Fitness			

Please note: Fitness schedules are subject to change.

Participants 13-15yrs may attend when accompanied by an adult over 18 yrs.

Modified Schedule:

August 1