

DROP-IN FITNESS SCHEDULE SPRING 2025



North Delta Recreation Centre:
11415 84 Avenue, Delta, BC V4C 2L9, North Delta

Effective Date:
March 31- June 29, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Fit and Functional 10:30am-11:15am	Zumba® 7pm-8pm		Zumba® 7pm-8pm			*45 minute Modified Schedule April 21, 2025