

DROP-IN FITNESS SCHEDULE WINTER 2025



Kennedy Seniors Recreation Centre:

11760 88 Avenue, Delta V4C 3C5

Effective Date:

January 6- March 30, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>® Zumba 10:30am - 11:30am</p> <p>Fit and Active 11:45am - 12:45pm</p>	<p>*Fit and Functional 10:30am - 11:15am</p> <p>Simply Stretch 11:45am - 12:45pm</p>	<p>Gentle Yoga 12:15pm-1:15pm</p>	<p>*Fit and Functional 10:30am - 11:15am</p> <p>Simply Stretch 12:30pm- 1:30pm</p>		<p>Yoga 9:45am-10:45am</p> <p>*Fit and Functional 11:00am--11:45am</p> <p>Chair Dance Fitness 12pm-1pm</p>	<p>*45 minutes</p> <p>CLOSED NO CLASSES February 17</p>