



Chilliwack Landing Leisure Centre – Fitness



Fall Schedule: September 1 – December 21, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Deep Aquafit 8:30am-9:30am Main pool		Deep Aquafit 8:30am-9:15am Main pool		
	Deep Aquafit 9:00am-10:00am Main pool				Hatha Yoga 9:00am-10:00am Fitness Studio	
	LIIT 9:30am-10:30am Fitness Studio		Cardio Sculpt 9:30am-10:30am Fitness Studio		Chair Yoga 10:15am-11:00am Fitness Studio	
Fusion 9:45am-10:45am Fitness Studio		Fusion 9:45am-10:45am Fitness Studio		Total Body Fit 9:45am-10:45am Fitness Studio		
	Core and Stretch 10:45am-11:30am Fitness Studio		Pilates 10:45am-11:30am Fitness Studio			
Strength and Balance 11:00am-12:00pm Fitness Studio		Strength and Balance 11:00am-12:00pm Fitness Studio		Hatha Yoga 11:00am-12:15pm Fitness Studio		
	Gentle Shallow Aquafit 11:30am-12:15pm Shallow side main pool		Gentle Shallow Aquafit 11:30am-12:15pm Shallow side main pool			
Zumba 5:30pm-6:30pm Fitness Studio	Hatha Yoga 5:30pm-6:45pm Fitness Studio					

To avoid disappointment, please sign up for class at the front desk up to 30min before the start time. Classes fill up fast! Fitness classes do not run on stat holidays. This schedule is subject to change.

For the most up to date schedule information follow us on Facebook and Instagram