



Chilliwack Landing Leisure Centre



Fitness - December 22, 2025 -January 4, 2026

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

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.

*Classes will not be offered on Friday December 26, 2025.