



# Chilliwack Landing Leisure Centre



## Fitness - March 16-September 6, 2026

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