



Cheam Leisure Centre

Group Fitness Schedule

June 29th - September 6th, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Power Pilates 6:30am-7:30am MP Room	Pilates 9:00am-9:45am MP Room	Pilates 6:30am-7:15am MP Room	Pilates 6:30am-7:15am MP Room	Yoga 8:00am-9:00am MP Room	Circuit Bootcamp 9:00am-10:00am North Gym	
*Blended Aquafit 8:00am-9:00am Pool	Cardio Sculpt 9:30am-10:30am North Gym	*Blended Aquafit 8:00am-9:00am Pool	Pilates 9:00am-9:45am MP Room	*Blended Aquafit 8:00am-9:00am Pool	Fusion 9:15am-10:00am MP Room	
Hatha Yoga 8:00am-9:00am MP Room		Total Body Strength 9:15am-10:15am North Gym	Zumba 9:15am-10:15am North Gym	Cardio Strength/Circuit 9:00am-10:00am Full Gym	Zumba 10:15am-11:15am North Gym	
Strength & Balance 9:15am-10:15am Full Gym		Pilates 9:30am-10:30am MP Room	Strength & Balance 10:30am-11:30am Full Gym	LifeFit 10:30am-11:15am North Gym		
Evening						
	Zumba 5:45pm-6:45pm North Gym	Yoga 5:00pm-6:15pm MP Room	Gentle Yoga 4:30pm-5:30pm MP Room			
	*Blended Aquafit 7:00pm-8:00pm Pool	Yin Yoga 6:30pm-7:45pm MP Room	Zumba 5:30pm-6:30pm North Gym			
			Hatha Yoga 6:30pm-7:45pm MP Room			

***Scheduled Aquatic Shutdown:** August 3rd - 31st. There will be no aquatic fitness programs during this time.

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, please contact 604-824-0231 for any schedule inquiries.

Cheam Leisure Centre

Group Fitness Program Guide

PROGRAM NAME	DESCRIPTION
Aquafit	A refreshing and versatile water workout that combines deep and shallow water exercises for a full-body workout. Using the natural resistance of water, this class improves strength, cardiovascular fitness, balance, and flexibility while being gentle on the joints. Suitable for all fitness levels, this class offers a supportive, low-impact, and energizing workout environment. Deep Aquafit is a mix of dynamic water movements and core-focused deep-water exercises, with options ranging from gentle to higher intensity. Blended Aquafit is a mix of shallow and deep water exercises.
Cardio Sculpt	A combination of cardiovascular exercise and strength training. Designed to burn calories while building muscle tone. Includes intervals to keep the heart rate elevated. Suitable for all fitness levels.
Cardio Strength/Circuit	A circuit-style workout alternating between cardio and strength stations. Keeps the heart rate up while targeting different muscle groups. Provides a full-body workout in a structured format. Suitable for all levels.
Circuit Bootcamp	A high-energy class combining strength and cardio in timed intervals. Moves quickly through different stations for a full-body workout. Builds endurance, strength, and agility. Best for those who enjoy a challenge.
Fusion	A blend of cardio, strength, and flexibility training. Combines different fitness styles into one balanced workout. Keeps the body challenged and engaged. Suitable for all levels.
Hatha Yoga	A relaxing, traditional yoga class focusing on foundational postures and breath control. Builds strength, flexibility, and balance at a steady pace. Offers a well-rounded practice for body and mind. Suitable for all levels. Gentle Hatha Yoga is a soft and accessible approach to traditional Hatha yoga.
HIRT	High Intensity Resistance Training. A strength-focused workout using short bursts of high-intensity effort. Builds muscle, power, and endurance through resistance exercises. Includes minimal rest for maximum efficiency. Suitable for intermediate to advanced participants.
Indoor Cycle	A high-energy cycling class set to motivating music. Improves cardiovascular fitness, endurance, and leg strength. Includes intervals, climbs, and sprints. Suitable for all fitness levels, with adjustable intensity.
Life Fit	A functional fitness class designed for everyday strength and mobility. Improves balance, coordination, and overall movement quality. Ideal for older adults or those new to exercise. Focuses on safe, effective movement.
Pilates	A low-impact workout focused on core strength, posture, and flexibility. Controlled movements and breathwork help improve stability and alignment. This class builds long, lean muscles while reducing risk of injury. Suitable for all levels.
Power Pilates	A more intense version of Pilates that incorporates continuous movement and added resistance. This class increases strength, endurance, and core stability. Expect a faster pace with dynamic sequences. Best suited for those looking for a challenge.
Strength & Balance	A class designed to improve muscular strength and stability. Focuses on exercises that enhance coordination and reduce fall risk. Ideal for all ages, especially older adults. Promotes confidence in everyday movement.
Total Body Strength	A full-body workout targeting all major muscle groups. Uses a variety of equipment to build strength and endurance. Focuses on proper form and controlled movement. Suitable for all fitness levels.

Yin Yoga	A deeply restorative practice that focuses on long-held, passive stretches to gently target the connective tissues, improve flexibility, and promote joint health. Yin Yoga encourages relaxation and mindfulness, allowing the body to release tension and the mind to find stillness. Perfect for all levels, this calming class provides a meditative space to unwind, reduce stress, and cultivate balance—both physically and mentally. Ideal for those looking to complement more active workouts or simply slow down and reconnect with themselves.
Yoga	A balanced class that combines movement, breath, and mindfulness. Improve flexibility, strength, and relaxation through a series of flowing poses. This class supports both physical and mental well-being. Suitable for all levels. Gentle Yoga is a slower-paced class designed for relaxation focusing on light stretching, breathing and stress relief.
Zumba®	An energetic dance workout that blends Latin-inspired rhythms with easy-to-follow choreography. This class delivers a fun, high-energy cardio experience while improving coordination and endurance. Expect a lively, party-like atmosphere that keeps you moving. Suitable for all fitness levels.