



Chilliwack Landing Leisure Centre

Group Fitness Schedule

June 29th - September 6th, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Fusion 9:45am-10:45am Fitness Studio	*Deep Aquafit 9:00am-10:00am Main Pool	Fusion 9:45am-10:45am Fitness Studio	*Deep Aquafit 9:00am-10:00am Main Pool	*Deep Aquafit 8:45am-9:30am Main Pool	Hatha Yoga 9:00am-10:00am Fitness Studio	
Strength & Balance 11:00am-12:00pm Fitness Studio	*Gentle Blended Aquafit 11:30am-12:15pm Main Pool	Strength & Balance 11:00am-12:00pm Fitness Studio	Cardio Sculpt 9:30am-10:30am Fitness Studio	Total Body Fit 9:45am-10:45am Fitness Studio	Chair Yoga 10:15am-11:00am Fitness Studio	
			Pilates 10:45am-11:30am Fitness Studio	Hatha Yoga 11:00am-12:15pm Fitness Studio		
			*Gentle Blended Aquafit 11:30am-12:15pm Main Pool			
Evening						
Zumba 5:30pm-6:30pm Fitness Studio	Hatha Yoga 5:30pm-6:45pm Fitness Studio	Power Yoga 5:30pm-6:45pm Fitness Studio				

***Scheduled Aquatic Shutdown:** July 6th - 12th. 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 604-793-7946 for any schedule inquiries.

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.
Chair Yoga	A gentle yoga class performed with the support of a chair. Focuses on improving mobility, flexibility, strength, and balance through accessible, seated and standing movements. Ideal for beginners, older adults, or those recovering from injury. Promotes relaxation, body awareness, and overall well-being. Suitable for all fitness levels.
Core & Stretch	A focused class targeting core strength and flexibility. Includes exercises to strengthen abdominal and back muscles. Ends with stretching to improve mobility and reduce tension. Great for all fitness levels.
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.
LIIT	Low Intensity Interval Training. A low-impact workout that alternates between gentle cardio and recovery periods. Improves endurance without high stress on the joints. Ideal for beginners or active recovery days. Suitable for all fitness levels.
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 Yoga	A dynamic and challenging yoga class. Combines strength, flexibility, and endurance through continuous movement. Expect a faster pace and more intensity. Best for those looking for an athletic yoga experience.
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 Fit	A balanced workout targeting strength, cardio, and flexibility. Uses a variety of exercises to improve overall fitness. Keeps the body moving and engaged throughout. Suitable for all levels.
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.