



Cheam Leisure Centre Group Fitness Schedule



September 8th - Decemeber 20th, 2026

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

Thursday's Blended Aquafit will not run between September 8 and October 7. Regular Thursday classes resume October 8.

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 statutory 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 balanced group fitness class that combines the core-strengthening precision of Pilates with the mindful flow of Yoga. This low-impact workout focuses on improving flexibility, stability, posture, and overall body awareness through controlled movement and breathwork. Perfect for all fitness levels, Fusion offers a calming yet effective way to build strength and restore balance.
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.
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.