



# Chilliwack Landing Leisure Centre



## Fitness Schedule Updated February 26, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Deep Aquafit</b> 8:30am-9:30am Main pool		<b>Deep Aquafit</b> 8:30am-9:30am Main pool		
<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> 10:00am-11:00am Fitness Studio	<b>Pilates</b> 9:00am-9:45am 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> 11:15am-12:15pm Fitness Studio		
	<b>Gentle Shallow Aquafit</b> 11:30am-12:15pm Main pool		<b>Gentle Shallow Aquafit</b> 11:30am-12:15pm Main pool			
	<b>Deep Aquafit</b> 1:00pm-2:00pm Main pool		<b>Deep Aquafit</b> 1:00pm-2:00pm Main pool			
<b>Zumba</b> 5:30pm-6:30pm Fitness Studio	<b>Hatha Yoga</b> 5:30pm-6:30pm Fitness Studio					

To avoid disappointment, 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.

For the most up to date schedule information follow us on Facebook and Instagram