



GROUP FITNESS SCHEDULE

April 1–May 5 (Page 1)

	Monday			Tuesday			Wednesday		Thursday		
Room:	Studio	Cycle	Multipurpose	Studio	Cycle	Multipurpose	Studio	Cycle	Studio	Cycle	Multipurpose
6:00				Intense Intervals (6:00–6:30)							
6:15	Bootcamp (6:15–7:15)						Bootcamp (6:15–7:15)			Express Cycle (6:30–7:00)	
6:30											
6:45											
7:00											
7:15				Group Strength (7:15–8:00)							
7:30											
7:45											
8:00											
9:00	Chair Yoga (9:00–9:50)	Intro Cycle (9:00–9:30)	Healthy Hips & Knees (9:00–10:00)				Chair Yoga (9:00–9:50)		Fit for Life 50+ (9:00–9:50)		Healthy Hips & Knees (9:00–10:00)
9:15											
9:30											
9:45											
10:00	Group Strength 50+ (10:00–11:00)			Fit for Life 50+ (10:00–11:00)			Group Strength 50+ (10:00–11:00)		Fit for Life 50+ (10:00–11:00)		
10:15											
10:30											
10:45			Mingle Mondays (10:30–12:30) (April 29th only)								
11:00											
11:15											
11:30	Yoga (11:30–12:20)			Intro TRX (11:30–12:15)			Bootcamp (11:30–12:15)		TRX Bootcamp (11:30–12:15)		
11:45											
12:00						Express Cycle (12:00–12:30)					Express Cycle (12:00–12:30)
12:15											
12:30	Group Strength (12:30–1:15)	Cycle (12:30–1:15)		Gentle Yoga (12:30–1:30)			Intro TRX (12:30–1:15)	Cycle (12:30–1:15)		Express Cycle (12:45–1:15)	
12:45											
1:00											
1:15											
1:30			Healthy Aging (1:30–3:00)								
1:45											
2:00			Breathe Well (2:00–3:00)			Healthy Hearts (1:30–3:00)					Healthy Hearts (1:30–3:00)
2:15											
2:30											
2:45											
3:00											
4:30	Gentle Yoga (4:30–5:30)						Yoga (4:30–5:30)		Intense Intervals (4:30–5:00)		
4:45										Stretch & Roll (5:00–5:30)	
5:00											
5:15											
5:30				Group Strength (5:30–6:30)							
5:45											
6:00	Intense Bootcamp (6:00–7:00)							TRX (6:00–7:00)		Yoga (6:00–7:00)	
6:15											
6:30											
6:45											



GROUP FITNESS SCHEDULE

April 1–May 5 (Page 2)

Room:	Friday			Saturday		Sunday	
	Studio	Cycle	Multipurpose	Studio	Cycle	Studio	
6:00							
6:15	Gentle Yoga (6:00–7:00)						
6:30							
6:45							
7:00							
7:15	Group Strength (7:15–8:00)						
7:30							
7:45							
8:00							
9:00	Bootcamp (9:00–9:45)	Intro Cycle (9:00–9:30)	Community Walking Group Mett in Lobby (8:30–9:30)			Group Strength (9:00–10:00)	
9:15							
9:30							
9:45							
10:00	Group Strength 50+ (10:00–11:00)			Fit for Life 50+ (10:00–11:00)	Cycle (10:00–10:45)		
10:15							
10:30							
10:45							
11:00							
11:15							
11:30	Group Strength (11:30–12:15)	Express Cycle (11:30–12:00)		Chair Yoga (11:30–12:30)			
11:45							
12:00							
12:15							
12:30	Bootcamp (12:30–1:15)					Bootcamp (12:30–1:15)	
12:45							
1:00							
1:15							
1:30							
1:45							
2:00			Healthy Aging (1:30–3:00)				
2:15							
2:30							
2:45							
3:00							
4:30	Yoga (4:30–5:30)						
4:45							
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time. Please be advised this schedule is subject to change. Please check the website for updates. (ymcaokanagan.ca/downtown)

Hours of Operation

Monday–Friday: 5:30 AM–9 PM

Saturday & Sunday: 7 AM–5 PM

Holiday Weekday: 9 AM–5 PM

Holiday Weekend: 9 AM–1 PM

YMCA Cycle for Strong Kids

May 27 at H₂O

Let's ride together to provide YMCA programming to local kids and youth. Ask about joining our member team!

YMCA Annual General Meeting and Recognition Celebration

April 23, 5:00 p.m.

Kelowna Family YMCA

Join us as we summarize our accomplishments in 2018 and recognize our volunteers for their longevity and ongoing excellence. All YMCA members, volunteers, and staff are invited to attend and vote. Interested persons are also welcome.

Kelowna Downtown Y

1011-505 Doyle Ave, Kelowna BC V1Y 6V8
250-491-9622 | ymcaokanagan.ca/downtown