





# GROUP FITNESS SCHEDULE

## January 6–February 2 (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)	Healthy Aging (9:00–10:00)			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)				
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						
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](http://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

Did you know that members can get certified personal training for as low as \$40 per session? Book your appointment today!

### YMCA Healthy Aging

Tuesdays & Fridays 9:00–10:00 AM

If you are physically inactive and live with chronic pain or a chronic condition this is the perfect program to start your journey to a healthier lifestyle.

For more information contact Adriane at [adriane.long@ymcaokanagan.ca](mailto:adriane.long@ymcaokanagan.ca) or call 250-491-9622 ext 224.

### Kelowna Downtown Y

1011-505 Doyle Ave, Kelowna BC V1Y 6V8  
250-491-9622 | [ymcaokanagan.ca/downtown](http://ymcaokanagan.ca/downtown)