



# GROUP FITNESS SCHEDULE

## June 2–29 (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				Group Strength (7:15–8:00)								
7:15												
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)		Mingle Monday (10:30–12:30) (June 24 only)	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												
11:00												
11:15	Yoga (11:30–12:20)			Intro TRX (11:30–12:15)			Bootcamp (11:30–12:15)		TRX Bootcamp (11:30–12:15)			
11:30												
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)		
12:45												
1:00												
1:15												
1:30			Healthy Aging (1:30–3:00)			Healthy Hearts (1:30–3:00)					Healthy Hearts (1:30–3:00)	
1:45												
2:00												
2:15			Breathe Well (2:00–3:00)									
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												
5:00												Stretch & Roll (5:00–5:30)
5:15												
5:30												
5:45				Group Strength (5:30–6:30)								
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

## June 2–29 (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		Intro Cycle (Virtual) (9:00–9:30)	Intense Walking Group Meet in Lobby (8:30-9:30)					
9:15							Group Strength (9:00–10:00)	
9:30								
9:45								
10:00	Group Strength 50+ (10:00–11:00)			Fit for Life 50+ (10:00-11:00)				
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 (11:15-12:15)				
11:45								
12:00								
12:15								
12:30	Bootcamp (12:30–1:15)							
12:45						Bootcamp (12:30–1:15)		
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](http://ymcaokanagan.ca/downtown))

### Hours of Operation

Monday–Friday: 5:30 AM–9 PM

Saturday & Sunday: 7 AM–5 PM

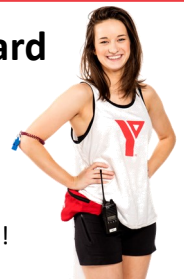
Holiday Weekday: 9 AM–5 PM

Holiday Weekend: 9 AM–1 PM

### Become a Lifeguard

Start or continue your journey to landing the coolest job in town.

Sign up for summer courses!



### Towel Service

Did you know that for \$10 a month you can have access to clean shower towels daily?

Ask us how to sign up!

### Kelowna Downtown Y

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