



GROUP FITNESS SCHEDULE

March 3–31 (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)				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			Healthy Aging (1:30–3:00)			
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)

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!

Aquatic Certifications

Take the next step towards becoming a lifeguard this Spring Break by registering for the following courses :

Bronze Medallion (KFY) Mar 18–21

Bronze Cross (KFY) Mar 25–28

National Lifeguard Award Pool Option (H2O) Mar 19–21, 26–28

National Lifeguard Waterpark Option (H2O) Mar 29–31

Kelowna Downtown Y

1011-505 Doyle Ave, Kelowna BC V1Y 6V8
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