



GROUP FITNESS SCHEDULE

May 5–June 1 (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 Monday (10:30–12:30) (May 27)										
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)								Healthy Hearts (1:30–3:00)		
1:45													
2:00						Healthy Hearts (1:30–3:00)							
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													
5:15									Stretch & Roll (5:00–5:30)				
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

May 5–June 1 (Page 2)

	Friday			Saturday		Sunday	
Room:	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 (Virtual) (9:00–9:30)	Community Walking Group Meet 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 us about joining our member team!

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