



GROUP FITNESS SCHEDULE

March 2-29 (Page 2)

	Friday			Saturday		Sunday	
Room:	Studio	Cycle	Multipurpose	Studio	Cycle	Studio	
6:00							
6:15							
6:30							
6:45							
7:00	Group Strength (7:00-7:45)						
7:15							
7:30							
7:45							
8:00							
9:00			Intense Walking Group Meet in Lobby (8:30-9:30)	Bootcamp (9:00-9:45)	Cycle (9:00-9:45)	Group Strength (9:00-10:00)	
9:15							
9:30	Group Strength 50+ (9:30-10:20)						
9:45							
10:00				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)					
11:45							
12:00							
12:15							
12:30	Bootcamp (12:30-1:15)						
12:45							
1:00							
1:15							
1:30							
1:45							
2:00			Healthy Aging (1:30-3:00)			Bootcamp (2:00-3:00)	
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							

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

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

Kelowna Downtown Y

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