

Fitness Programs

All Locations
Summer 2025

Programs for 13 years and up

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|
| | Pilates and Yoga Fuzion 9:30 - 10:30 am. Sarsons Activity Centre | | Cardio, Strength & Flexibility 9:15- 10:15 am Sarsons Activity Centre | Pilates and Yoga Fuzion 9:30 am- 10:30 am Sarsons Activity Centre | |
| Group Training for Active Adults 9 - 10 am PRC | My First Pilates Class 9:45 - 10:45 am PRC | Group Training for Active Adults 9:30 - 10:30 am PRC | | Group Training for Active Adults 9 - 10 am PRC | |
| Chair Yoga 11:15 am - 12:15 pm PRC | Osteofit 10:30 - 11:30 am PRC | | Osteofit 10:30 - 11:30am PRC | Chair Yoga 11:15 am - 12:15 pm PRC | Mini and Me Go to Bootcamp! 11 am - 12 pm PRC |
| Cancer Exercise Program 3 - 4 p.m. PRC | F.A.M.E 2:30 - 3:30 pm PRC | | F.A.M.E 2:30 - 3:30 pm PRC | My First Pilates Class 1:15 - 2:15 pm PRC | |
| Hatha Flow Yoga 5:15 - 6:30 pm PRC | Chair Yoga 2:30 - 3:30 pm PRC | | Power Hour 4:45 - 5:45pm PRC | | |
| | Flex and Zen 4:15 - 5:15 pm PRC | | Gentle Relaxation Yoga 5:15 - 6:15 pm PRC | Click the program to learn more and register online, or visit kelowna.ca/recreation to find more information about programs for all ages and abilities. | |
| Zumba Fitness 5:30 - 6:30 pm PAC Main Hall | Zumba Fitness 5:30 - 6:30 pm PAC Main Hall | | | | |