

Group Fitness Schedules - Parkinson Recreation Centre

Winter Program descriptions are in the Fitness & Health section. Drop-ins are permitted in some classes; see program descriptions for details. Schedules are subject to change; check kelowna.ca/recreation for updates.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Fit, Flexible, Fun 9:00-10:15 am	Strength & Yoga Stretch 9:00-10:00 am Pilates-Beginner Mat Class 10:15-11:15 am Pilates-On The Ball 11:30 am-12:30 pm	Fit, Flexible, Fun 9:00 - 10:15 am	Functional Fitness 9:00-10:00 am Tai Chi Chuan Yang 24 Short Form 10:30-11:30 am	Chakra 101 Yoga Series 8:45-10:15 am Fit, Flexible, Fun 9:00 -10:15 am Pure Yin Yoga Series 10:30 - 12:00 pm Tai Chi Chuan Yang 24 Short Form 10:30 -11:30 am
PM	Light Ananda Yoga 12:00-1:30 pm Yoga & Pilates Fusion 5:30-6:45 pm Prenatal Yoga 6:00-7:30 pm 7:35-9:05 pm	Basic Light Ananda Yoga for Stress Relief 4:30-6:00 pm Bootcamp-Beach Ready 5:30-6:30 pm	Circuit Plus Orientations 1:15-2:15 pm Pilates- Beg. Mat 2 4:45 PM-5:45 pm Tai Chi Your Way To Health 5:00 PM-6:00 pm Lifestyle Yoga 7:00 PM-8:30 pm	Tai Chi Yang 108 Long Form - Intermediate 4:30-6:00 pm Power Hour 5:30-6:30 pm Introduction to Power Yoga 5:30-6:30 pm Tai Chi Chuan - Yang Style - 24 Short Form 6:15-7:45 pm Power Yoga 6:45-7:45 pm Gentle Yoga for Every -Body! 7:00-8:30 pm Bootcamp-Beach Ready 8:00-9:00 pm Circuit Plus Orientations 8:00-9:00 pm	Pilates- Beginner Mat 2 4:00-5:00 pm Zumba 5:30-6:30 pm Hoop 4 Fun Fitness 5:45-6:45 pm SAT Tai-Chi Saturday Mornings 10:00-11:30 am SUN Tai Chi Chuan-Part 2 Yang Style 24 Short Form 1:00-2:30 pm
Babysitting Service Min 6 months See page 22 for details. PRC Red Haven Room					
	8:45am- 12:30pm	8:45am- 12:30pm	8:45am- 12:30pm	8:45am- 12:30pm	8:45am- 12:30pm

Group Fitness Schedules - Various Locations

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Cedar Creek Centre BellyFit 7:30-8:30 pm	Bankhead Elementary Community School Room Kripalu Power Flow Yoga 6:00 -7:00 PM Cedar Creek Centre Intermed. Vinyasa Flow 6:15-7:15 PM Gentle Yoga Flow 7:30-8:30 PM Kinsmen Fieldhouse Hall Bootcamp for Beginners 9-10 AM Zumba 10:15-11:15 AM Boomer Fit 5:30-6:30 PM Prenatal Fitness Fusion 7:00-8:00 PM OKMAC Beginner Yoga for Stress 5:15-6:15 PM Mother & Daughter Yoga 6:30-7:30 PM Rutland Activity Centre Yoga for Relaxation 5:15 PM-6:30 PM Prenatal Yoga - 7:30 PM-8:30 PM Watson Rd School Boot Camp 6:15-7:15 am Core On the Floor 9:15-10:15am Water Street Centre Urban Yoga 12:10 -12:55 pm	Bankhead Elementary Community School Room Mother & Daughter Yoga 7:00 PM-8:00 PM Cedar Creek Centre Light Sunrise Hatha Yoga 6:30-7:30 AM Kinsmen Fieldhouse Hall High/Low Cardio Box 6 PM-7 PM Pilates 50/50 7:15-8:15 PM Kinsmen Media Ctre Core Camp 6:30-7:30 PM OKMAC Basic Yoga at the Lake 5-6:15 PM Basic Yoga at the Lake II 6:30 -8:00 PM Rutland Activity Centre Belly Dance Bootcamp 5:30 -6:30 pm Water Street Centre Belly Dance Bootcamp 6.55 -7:55 pm Water Street Centre Urban Yoga 12:10 -12:55 PM Watson Rd School Bootcamp 6:15-7:15 am Bootcamp 7:00-8:00pm	Bankhead Elementary Community School Room Light Hatha Yoga 9:30 -11:00 AM Kettle Valley Cardio Core Circuit 7:30-8:45 PM Kinsmen Fieldhouse Hall Boomers Yoga 9-10:30 AM Mom & Baby Yoga 10:45-11:45 AM OKMAC Big Yoga 5:45-7:15 PM Bliss Yoga 7:30-9 PM Rutland Activity Centre Yoga for the Flexibly Impaired 5:30 PM-6:45 PM Belly Dance Bootcamp 6.55 -7:55 pm Water Street Centre Urban Yoga 12:10 -12:55 PM Watson Rd School Bootcamp 6:15-7:15 am Bootcamp 7:00-8:00pm	Water Street Centre BLT 12:10-12:55 pm Watson Rd School Gentle Yoga for Every-Body I 5:30-6:30 pm Gentle Yoga For Everybody II 6:45-8:15 pm Bootcamp 7:00-8:00 pm	Water Street Centre BLT -12:10-12:55pm	FRIDAY Water Street Centre BLT -12:10-12:55pm

PRICES SUBJECT TO CHANGE