

Fitness Drop-in Schedule April-June 2017

Fitness Program 10 Fitness Tickets or Drop-in Option

OPTION 1: Participants can purchase a ten pass fitness punch card for \$90. The card will allow people to take part in any of the fitness classes listed below. Participants must call the recreation department (on the day the program is held) to book their space in that class. Call **778-797-8800**.

OPTION 2: Drop-in is available for the listed fitness classes. The cost for drop-in is \$10 per session. To book your spot in one of these classes, please call the Recreation and Culture Department at **778-797-8800** on the day the class is held.



778-797-8800 • West Kelowna Recreation & Culture

DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Sculpt & Stretch				Apr 6-May 11 5:30-6:30pm CNB	
Cycle & Circuit				May 18-Jun 22 5:30-6:30pm CNB	
H.I.I.T. 19yrs + High Intensity Interval Training		Apr 4-May 9 9:00-10:00am CNB			
Full Body Interval training		May 16-Jun 20 5:30-6:30pm CNB			
Beginner Boot Camp				Apr 6-Jun 15 7:00-8:00pm Mar Jok	
Boot Camp		Apr 4-Jun 20 7:00-8:00pm CNB		Apr 6-Jun 22 7:00-8:00pm CNB	
Tai Chi Yang Style for Everyone			Apr 5-Jun 7 9:30-10:30am LVH		
Tai Chi Traditional 108 Long Form			Apr 5-Jun 7 10:45-11:45am LVH		

Limited space in each class. Participants must phone to book their spot.

For class descriptions please see pages 41-43.

The Drop-in Option may not be available for classes if they fill through the regular registration process. Please call to confirm the class is available 778-797-8800.

Please be advised that participants will be required to read and sign a waiver prior to participating in all of our drop-in programs.



Lunch Break Fitness

This 45 minute class combines yoga, pilates and dumbbell exercises into a convenient

mid-day work out.

INSTRUCTOR: **TBA**

LOCATION: **Royal LePage Place Track**

5663	T	Apr 4-May 9	12:00-12:45pm	6/\$55
5665	T	May 16-Jun 20	12:00-12:45pm	6/\$55
5664	Th	Apr 6-May 11	12:00-12:45pm	6/\$55
5666	Th	May 18-Jun 22	12:00-12:45pm	6/\$55



Lunch Time Yoga

This 45 minute class is a great way to stretch and strengthen during your lunch break.

NO CLASS APR 17 & MAY 22.

INSTRUCTOR: **Lisa Johnson**

LOCATION: **Royal LePage Foyer**

5667	M	Apr 3-May 8	12:00-12:45pm	5/\$46
5669	M	May 15-Jun 19	12:00-12:45pm	5/\$46
5668	W	Apr 5-May 10	12:00-12:45pm	6/\$55
5670	W	May 17-Jun 21	12:00-12:45pm	6/\$55