

# Fitness Programs

Rutland, Glenmore +  
Downtown Locations  
Spring 2025



*Programs for 13 years and up*

Monday	Tuesday	Wednesday	Thursday
<b>50/50 Yoga + Yin</b> 4:30 - 5:30 p.m. City Hall	<b>Core and More</b> 5 - 6 p.m. City Hall		
<b>Gentle Relaxation Yoga</b> 5:30 - 6:30 p.m. Rutland Activity Centre	<b>Zumba Fitness</b> 6 - 7 p.m. Watson Road School		<b>Core and More</b> 5 - 6 p.m. City Hall
<b>Restorative Yin Yoga</b> 6 - 7 p.m. City Hall	<b>Flex + Zen</b> 7:10 - 8:10 p.m. Watson Road School		<b>Stretch for All Bodies</b> 6:30 - 7:30 p.m. City Hall

Learn more about our fitness spaces and locations across Kelowna:

## **Rutland Activity Centre**

765 Dodd Road

Located within Rutland Recreation Park, the space features activities for all ages including soccer, health and well-being workshops, yoga classes and babysitting certification.

## **Watson Road School**

475 Yates Road

Join us in the Watson Road Elementary School gymnasium for programs that will get you moving including Zumba and group yoga.



## **New in Kelowna's Downtown!**

### **City Hall Multipurpose Rooms**

1475 Water Street - First Floor

New multi-purpose spaces on the first floor of City Hall are perfect for group fitness classes such as yoga, Pilates and stretch classes. With stunning views of the Stuart Park ice rink and the waterfront, roll out the yoga mat to take in a class with welcoming instructors. City Hall features rooms of various sizes, also a great spot for your next meeting. Learn about renting a room at [kelowna.ca/rentals](http://kelowna.ca/rentals).

Click the program above to learn more and register online, or click here to find more fitness programs across Kelowna.

[kelowna.ca/recreation](http://kelowna.ca/recreation)