

Yoga + Pilates Programs

All Locations
Spring 2025



Programs for 13 years and up

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga 11:15 - 12:15 a.m. PRC - Spartan Room	Core Strength 8 - 9 a.m. PRC - Mac Room	Pilates and More 11:30 a.m. - 12:30 p.m. PRC - Spartan Room	Intro Yoga + Relaxation 9:30 - 10:30 a.m. PRC - Orchard Room	Pilates + Yoga Fuzion 9:30 - 10:30 a.m. Kinsmen Media Centre
Hatha Flow Yoga 4:15 - 5:15 p.m. PRC - Mac Room	Pilates + Yoga Fuzion 9:30 - 10:30 a.m. Kinsmen Media Centre	Yoga Blend 5:30 - 6:30 p.m. Sarsons Activity Centre	Core and More 5 - 6 p.m. City Hall	Chair Yoga 11:15 - 12:15 a.m. PRC - Spartan Room
Gentle Relaxation Yoga 4:30 - 5:30 p.m. City Hall	My First Pilates Class 9:45 - 10:45 a.m. PRC - Mac Room	Hatha Bliss Yoga at the Lake 6:45 - 8:15 p.m. Sarsons Activity Centre	Yoga Blend 5:30 - 6:30 p.m. PRC - Spartan Room	My First Pilates Class 1:15 - 2:15 p.m. PRC - Orchard Room
Flow Yoga at the Lake 5 - 6:15 p.m. Sarsons Activity Centre	Chair Yoga 2:30 - 3:30 p.m. Sarsons Activity Centre	Yin Yoga 7:30 - 8:30 p.m. PRC - Orchard Room		
Gentle Relaxation Yoga 5:30 - 6:30 p.m. Rutland Activity Centre	Ananda Gentle Yoga 4:30 - 5:45 p.m. PRC - Orchard Room			
Restorative Yin Yoga 6 - 7 p.m. City Hall	Core and More 5 - 6 p.m. City Hall			
Gentle Relaxation Yoga 7:15 - 8:15 p.m. PRC - Orchard Room	Hatha Yoga for Stress Release 5:15 - 6:30 p.m. Sarsons Activity Centre			
	Body Sculpt 5:30 - 6:30 p.m. PRC - Mac Room			
	Prenatal Yoga 6:15 - 7:15 p.m. PRC - Orchard Room	<p><i>Some fitness and yoga programs have drop in options available. All programs are subject to change, click the program to learn more or call 250-469-8800 for the latest information specific to each program.</i></p>		
	Flex + Zen 7:10 - 8:10 p.m. Watson Road School			

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

kelowna.ca/recreation