

Fitness Programs

Parkinson Recreation Centre (PRC)
Parkinson Activity Centre (PAC)
Spring 2025



Programs for 13 years and up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Training- Adults 9 - 10 a.m. Mac Room Mon + Wed + Fri	Spin Express 7:30 - 8:15 a.m. PRC - Orchard Room	Group Training-Adults 9 - 10 a.m. Mac Room Mon + Wed + Fri	Spin 8 - 9 a.m. PRC - Orchard Room	Group Training-Adults 9 - 10 a.m. Mac Room Mon + Wed + Fri	
Intro to Tai Chi 9:30 - 10:30 a.m. PRC - Spartan Room	Core Strength 8 - 9 a.m. PRC - Mac Room	Osteofit 9 - 10 a.m. PRC - Orchard Room	Cardio Strength + Flex 9:15 - 10:15 a.m. PRC - Mac Room	Tai Chi Chuan 9:20 - 10:20 a.m. PRC - Orchard Room	
Chair Yoga 11:15 - 12:15 a.m. PRC - Spartan Room	Tai Chi Chuan 9 - 10 a.m. PRC - Orchard Room	Baby + Me Bootcamp 9:15 - 10 a.m. PRC - Spartan Room	Osteofit 10:30 - 11:30 a.m. Orchard - Tues + Thurs	Tai Chi Chuan 10:30 - 11:30 a.m. PRC - Orchard Room	Kangatraining 11:45 - 12:45 p.m. PRC - Orchard Room
Intro to F.A.M.E 1 - 2 p.m. PRC - Spartan Room	Osteofit 10:30 - 11:30 a.m. Orchard - Tues + Thurs	Minds in Motion 10:30 - 12 a.m. PRC - Orchard Room	Parkinson's Exercise 12 - 12:45 p.m. PRC - Mac Room	Chair Yoga 11:15 - 12:15 a.m. PRC - Spartan Room	Prenatal Fitness 1:15 - 2:15 p.m. PRC - Orchard Room
Cancer Exercise 3 - 4 p.m. PRC Mac - Mon + Thurs	Parkinson's Exercise 12 - 12:45 p.m. PRC - Orchard Room	Tai Chi Chuan 5:15 - 6:30 p.m. PRC - Spartan Room	Intro to F.A.M.E 1 - 2 p.m. PRC - Spartan Room	Spin Express 12 - 12:45 p.m. PRC - Bartlett Room	
Beginner Spin 4 - 4:45 p.m. PRC - Orchard Room	F.A.M.E. 2:30 - 3:30 p.m. PRC Orchard - Tu + Thurs	Tai Chi Chuan 6:30 - 7:30 p.m. PRC - Spartan Room	F.A.M.E. 2:30 - 3:30 p.m. PRC Orchard - Tu + Thurs	Mini + Me Bootcamp 1 - 2 p.m. PRC - Spartan Room	
Hatha Flow Yoga 4:15 - 5:15 p.m. PRC - Mac Room	Tai Chi Chuan 5:15 - 6:15 p.m. PAC - Activity Room	Zumba Fitness 6:30 - 7:30 p.m. PAC - Main Hall	Cancer Exercise 3 - 4 p.m. PRC Mac - Mon + Thurs		
Zumba Fitness 6:30 - 7:30 p.m. PAC - Main Hall	Body Sculpt 5:30 - 6:30 p.m. PRC - Mac Room		Kangatraining 4:30 - 5:30 p.m. PRC - Mac Room		
	SHINE 8:15 - 9:15 p.m. PRC - Spartan Room		Spin + Sculpt 4:45 - 5:30 p.m. PRC - Orchard Room	<p>Click the program to learn more and register online.</p> <p>Or visit kelowna.ca/recreation to find more fitness programs across Kelowna including yoga and Pilates options!</p>	
			Power Hour 6 - 7 p.m. PRC - Orchard Room		
			Zumba Fitness 7 - 8 p.m. PRC - Mac Room		
<p><i>Some fitness 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>			Pound Fitness 8:15 - 9 p.m. PRC - Mac Room		

kelowna.ca/recreation