

Fitness Programs

Rutland, Glenmore + Downtown
Winter 2025



Programs for 13 years and up

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

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

kelowna.ca/recreation