

# Fitness Programs

Parkinson Recreation Centre (PRC)  
and Parkinson Activity Centre (PAC)  
Winter 2025



Click the program below to learn more and register online, or [click here](#) to find more fitness program options!

*Programs for 13 years and up*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Training- Adults</b> 9 - 10 a.m. Mac Room Mon + Wed + Fri	<b>Tai Chi Chuan</b> 9 - 10 a.m.   5:15 - 6:15 p.m. PRC - Orchard Room	<b>Group Training-Adults</b> 9 - 10 a.m. Mac Room Mon + Wed + Fri	<b>Stretch for All Bodies</b> 8 - 9 a.m. PRC - Orchard Room	<b>Group Training-Adults</b> 9 - 10 a.m. Mac Room Mon + Wed + Fri	
<b>Intro to Tai Chi</b> 9 - 10 a.m. PRC - Spartan Room	<b>My First Pilates Class</b> 9:45 - 10:45 a.m. PRC - Mac Room	<b>Baby + Me Bootcamp</b> 9:15 - 10 a.m. PRC - Spartan Room	<b>Cardio Strength + Flex</b> 9:15 - 10:15 a.m. PRC - Mac Room	<b>Tai Chi Chuan</b> 9:20 - 10:20 a.m. PRC - Orchard Room	<b>Kangatraining</b> 11:45 - 12:45 p.m. PRC - Orchard Room
<b>Spin Express</b> 9:15 - 10 a.m. PRC - Orchard Room	<b>Parkinson's Exercise</b> 12 - 12:45 p.m. PRC - Orchard Room	<b>Minds in Motion</b> 10:30 - 12 a.m. PRC - Orchard Room	<b>Intro Yoga + Relax</b> 9:30 - 10:30 a.m. PRC - Spartan Room	<b>Tai Chi Chuan</b> 10:30 - 11:30 a.m. PRC - Orchard Room	
<b>Chair Yoga</b> 11:15 - 12:15 a.m. PRC - Spartan Room	<b>Osteofit</b> 10:30 - 11:30 a.m. PRC - Tues + Thurs	<b>Spin Express</b> 5 - 5:45 p.m. PRC - Bartlett Room	<b>Osteofit</b> 10:30 - 11:30 a.m. PRC - Tues + Thurs	<b>Chair Yoga</b> 11:15 - 12:15 a.m. PRC - Spartan Room	
<b>Cancer Exercise</b> 3 - 4 p.m. PRC - Mon + Thurs	<b>F.A.M.E.</b> 2:30 - 3:30 p.m. PRC - Tues + Thurs	<b>Tai Chi Chuan</b> 5:15 - 6:30 p.m. PRC - Spartan Room	<b>Parkinson's Exercise</b> 12 - 12:45 p.m. PRC - Mac Room	<b>Spin Express</b> 12 - 12:45 p.m. PRC - Bartlett Room	
<b>Beginner Spin</b> 4 - 4:45 p.m. PRC - Orchard Room	<b>Ananda Gentle Yoga</b> 4:30 - 5:45 p.m. PRC - Orchard Room	<b>Spin + Core</b> 6 - 7 p.m. PRC - Orchard Room	<b>F.A.M.E.</b> 2:30 - 3:30 p.m. PRC - Tues + Thurs	<b>Mini + Me Bootcamp</b> 1 - 2 p.m. PRC - Spartan Room	
<b>Hatha Flow Yoga</b> 4:15 - 5:15 p.m. PRC - Mac Room	<b>Body Sculpt</b> 5:30 - 6:30 p.m. PRC - Mac Room	<b>Tai Chi Chuan</b> 6:30 - 7:30 p.m. PRC - Spartan Room	<b>Cancer Exercise</b> 3 - 4 p.m. PRC - Mon + Thurs	<b>My First Pilates Class</b> 1:15 - 2:15 p.m. PRC - Orchard Room	
<b>Get Ready for Golf</b> 5:15 - 6:15 p.m. PRC - Spartan Room	<b>Prenatal Yoga</b> 6:15 - 7:15 p.m. PRC - Orchard Room	<b>Yin Yoga</b> 7:30 - 8:30 p.m. PRC - Orchard Room	<b>Yoga Blend</b> 5:30 - 6:30 p.m. PRC - Spartan Room	<b>Spin + Sculpt</b> 4:45 - 5:30 p.m. PRC - Orchard Room	
<b>Zumba Fitness</b> 6:30 - 7:30 p.m. PAC - Main Hall	<b>Rhythm Sculpt</b> 6:30 - 7:30 p.m. PRC - Orchard Room		<b>Power Hour</b> 6 - 7 p.m. PRC - Orchard Room		
<b>SHINE + Uplift</b> 7 - 8 p.m. PRC - Spartan Room	<b>Gentle Relax. Yoga</b> 7:30 - 8:30 p.m. PAC - Activity Room		<b>Zumba Fitness</b> 7 - 8 p.m. PRC - Mac Room	<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>	
<b>Gentle Relax. Yoga</b> 7:15 - 8:15 p.m. PRC - Orchard Room	<b>SHINE</b> 8:15 - 9:15 p.m. PRC - Spartan Room		<b>Pound Fitness</b> 8:15 - 9 p.m. PRC - Mac Room		