

Register Early as these popular classes fill up fast!

Fitness

A walk in the Park – This 4 week program will get you out exploring the lovely parks of Kelowna. All fitness levels welcome. It is a great way to begin your fitness regime. Walks are every Wednesday, July 6th -27th, 5:00-6:00 pm

Sunrise fit – Early bird gets the worm or at least a spectacular start to the day. A walk up Knoxs Mountain warms you up; there you will have a yoga stretch, and back down to begin your day. Classes are every Tuesday and Thursday, July 5th -28th, 6:00 – 7:00 am. Don't miss this opportunity to enjoy the beautiful city in the morning hours.

Cardio Core – An outdoor class to strengthen your cardio and core muscles to enhance your fitness. Beginners welcome. Class is every Thursday July 7th -28th, 5:00-6:00 pm

Bear Creek Burn – A walk along the bear creek is challenging and fun! Come join the action and increase your fitness every Tuesdays and Thursdays July 5th - 28th, 6:15-7:15pm

Zumba – Back by popular demand, it's ZUMBA. A Latin fusion of dance and aerobic will get you moving to the strong beats of Latin dance, it's fun, and you won't believe how the class flies. Classes are Mondays and Wednesdays, September 7th - October 26th, 5:30-6:30 pm

Yoga – Dale has just recently attended more yoga training and is eager to share the new techniques and moves in this relaxing and tranquil class. Come and join every Monday Sept 12th - October 24th, 4:30-5:30 pm

Bellydance – Back again with music and movement that will get you moving to the beats! This fun filled dance is good for your core! Classes start Tuesdays, Sept. 6th - October 11th, 5:00-6:00pm

Register online at UFCW247.com, email krowe@ufcw247.com,
or call 250-861-1226