

UFCW 247 Training Centre, Kelowna BC

New Penticton Classes

Starting June 20th we will now be offering classes in Penticton!!

Movin' it with Mosses!- Ever wanted to work with a personal trainer? All levels are welcome to join this group lesson with a personal trainer. Brent will take you through a tailored to you work out, great for beginners and beyond. Kids 15 and older welcome to attend this set of lessons. Every Monday and Wednesday, June 20th to July 27th, 5:30-6:30 pm

Yoga- Gentlestretch and relaxing moves increase your flexibility while finding your Zen! Call for more information on this class that will begin in September.

Bellydance – Also beginning in September, this belly dance class will get you moving to rhythmic beats and finding yourself having fun with new friends. Call to get your name on the class list for September!

Golf Lessons– Whether beginner or just want to fine tune your game, these golf lessons with the Penticton Golf and country club pro will have you feeling confident and improve your game. Space is very limited, so sign up early.

Kickbox Fit– Martial arts and kickboxing will give you a taste of martial arts and help you on your road to fitness. Call a.s.a.p. to get your name on the list to begin a class. Penticton class dates will be announced as classes fill up.

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Register by calling Kim Rowe at [250-861-1226](tel:250-861-1226), or email krowe@ufcw247.com