

Much More Than a Gym



Make your golden years your best yet. Keep active, make friends, and have fun with Y classes, social events, specialty health programs, volunteer opportunities and more. As a charity, the Y offers financially assisted memberships.

“Before I started going to the Y, I was feeling terrible to say the least. It was an incredibly difficult time for me, as I was suffering from breast cancer. During the time I was going through chemotherapy, I started dropping into the Kelowna Family Y. I was miserable, had lost

my hair, and could barely eat, but the love I received from everyone at the Y inspired me to keep pushing through.

Thankfully that was years ago, but I still get excited about my visits to the Y. My husband asks, ‘Why are you always happy to go to the gym?’ I keep reminding him that it’s more than a gym, it’s full of happy and healthy people who lift one another up. Going to the Y is more than just working out, swimming or walking. It has opened up opportunities for me and provided many meaningful personal connections. Since I started focusing on my health, I think I can do wonders!”

The Y offers a supportive community with programs for older adults looking to get into healthier routines, including specialized health programs that target specific conditions. As a charity dedicated to building a healthier community, they offer financial assistance for those who struggle to afford membership. For more information email hello@ymcaokanagan.ca or call 250-491-9622.

A photograph of a woman with short grey hair and glasses, wearing a pink tank top, smiling while using a resistance band. A staff member in a grey hoodie with a red Y logo stands behind her, also smiling. The background shows a gym setting with exercise equipment.



We're here for you.

- Health coaching
- Breathe Well
- Healthy Hearts
- Healthy Hips and Knees
- Health Assessments
- Low-impact fitness options
- Aquatic fitness classes

To learn more or join please give us a call at 250-491-9622.

Locations include:

Kelowna Family YMCA 375 Hartman Road	H₂O Adventure + Fitness Centre 4075 Gordon Drive	Kelowna Downtown Y 1011-505 Doyle Ave
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Financial assistance is always available to those in need. **Charity # 11924 0224 RR0001**

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