

The Y Offers Targeted Health Programs

Two important pillars of health are community and fitness, and the Y offers both. Events, specialty health programs, and volunteer opportunities are part of the YMCA's fun. Maggie Craig joined the Downtown Y five years ago and has found community and healing through her experience there.



"I started exercising regularly in my thirties. I used to swim and would do lengths early in the morning before life got too busy. I enjoyed running, tennis, and cycling and have long been a badminton club member. Then I injured my arm with a severe tear that started in my shoulder and went down to my elbow. I had to do physical therapy to help repair that tendon. I decided to join the Downtown Y shortly after it opened, in September 2017. The fitness instructors at the Downtown Y were so good and gave me the adaptations I needed for

my exercises. The staff are so friendly and helpful. I've never been a fan of classes, but I love the classes at the Downtown Y. When Covid hit I did fitness classes online which was great at the time. I've made many friends at the Downtown Y who live in my area, close to the gym. We've gotten to know each other and spend time

together. Now my injury is 90 percent healed."

If like Maggie, you are looking for a healthier routine that includes supportive friendships and community, the YMCA can help. The Y offers targeted health programs that can help you feel your best and can help you tackle your goals. The YMCA is a charity dedicated to building a healthy community. The Y also offers financially assisted memberships if cost is a barrier. Email hello@ymcasibc.ca or call 250-491-9622 to learn more.



We're here for you.

Mingle Mondays
Personal coaching
Breathe Well
Healthy Hearts
Healthy Hips and Knees
Senior 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

ymcasibc.ca

Financial assistance is always available to those in need.

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