

The Difference Physical Activity Can Make



“Three years ago, I was hospitalized for multiple reasons, including a small stroke. I was in a lot of pain, experienced severe confusion, lost 40 pounds, did not recognize my daughters and had to use a walker. On top of it all, I was suffering from anxiety and depression. I stopped doing everything, even getting out of bed was difficult.

After some coaxing from my daughter, I joined the Kelowna Family Y. I tried a Gentle Aquafit

class and was hooked! In the beginning I had to drag myself to the Y, but that soon changed. It became easier to get out of bed, and I looked forward to visiting the Y and trying more classes.

Now after years of living an active lifestyle, I am much stronger and more limber. The pain from my arthritis has gone down significantly and my balance and blood glucose levels have improved.

The Y is a great place to get active, the instructors are super helpful and kind. The Y has helped me feel even better than I did before I got sick!”

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 woman with short grey hair and glasses, wearing a pink tank top, is smiling while using a resistance band. A woman in a grey hoodie with a red Y logo is standing behind her, smiling and watching her. The background is a gym setting.


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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