

# Healthy Hips & Knees



## Did you know?

Those who maintain a good level of activity and are prepared for surgery have ***better hospital experiences***, fewer complications and a smoother recovery? This program will focus on increasing ***strength, endurance, flexibility*** and ***balance***.

Let us help you on  
your road to recovery!

### Kelowna Family Y

Monday & Wed 11:30–12:30 PM

Tuesday & Thursday 9:45-10:45 PM

### H<sub>2</sub>O Adventure & Fitness Centre

Monday & Wednesday 11:00-12:00 PM

Tuesday & Thursday 8:00-9:00AM,  
2:30-3:30 PM

**\*Registration Required\***

## Try the Y

Redeem this coupon for one week free!

To register call 250-491-9622 (see ext below)

Kelowna Family YMCA, 375 Hartman Rd. (ext 224)

Downtown YMCA, 1011-505 Doyle Ave. (ext 502)

H<sub>2</sub>O Adventure + Fitness Centre, 4075 Gordon Dr. (ext 428)

