

Winter Schedule January 2 to June 30, 2012

Downtown Y Adult Fitness Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
5:45am-6:30am	*Group Cycling Brenda	*Spin Bootcamp Sadie		*Group Cycling Brenda			
6:45 am-7:45am	*Group Rx No class Jan 2 Connie		Yoga Fitness Fusion Melissa	*Group Rx Joanne			
9:00am-9:55am	*Zumba Heather	High Energy Step Charlene	*Spin & Pump Kathleen	High Energy Step Lynn	Cardio Blast John	High Energy Step Carrie	
9:00am-9:55am	*Circuit Workout Selina	*60+ Circuit Kitty	*Circuit Workout Terra	*60+ Circuit Kitty	*Circui Workout Jane		
10:00am-10:45am	Stretch For Health Selina	*Posture, Balance & Strength (PBS) Erin	Stretch For Health Sandi	*Posture, Balance & Strength (PBS) Selina	Linedancing Twyla	10:15am Rear Attitude John	9:45am *Zumba Jane
11:00am-12:00pm	*Group Rx Erin	Dancercize Linda *10:45am Fitness in a Chair Laurie	*Group Rx Carla *Zumba Gold Theresa	Dancercize Linda	*Group Rx Brenda S		*Pure Energy Core Bootcamp Kim
12:10pm-12:50pm	*Lunchtime Yoga Charlotte	*Fitness Fusion Charlene	*Lunchtime Yoga Selina	*Lunchtime Yoga Starts Jan 12 Cheryl		11:30am *Zumba Julie	
12:10pm-12:50pm	*Core Conditioning Meghan	*Group Cycling Kim	*Group Cycling Leni	*Core Conditioning Selina	*Group Cycling Carla		
4:00pm-4:45pm	*Zumba Tara		*Zumba Jane				
4:45pm-5:45pm		High Energy Step Tori		Step N' Pump Brenda S	*Group Rx Brenda M		
5:00 pm-6:00pm	*Group Rx Cathie		*Group Rx Brenda M				
6:10pm	*Group Cycling Carla	*Abs & Buns Fern	*Group Cycling Sadie	6:00pm *Bootcamp Kim	*Abs & Buns Fern		
7:00 pm-8:00 pm	Step n Sculpt Fern	*Zumba Tara	Bootcamp Rachael	*Zumba Julie	*Zumba		
8:00pm	Bootcamp David						

*Some classes require sign up due to equipment.
Please check with Customer Service Desk. Circuit
Classes are held in Circuit Room

Playcare Hours:

Monday to Saturday: 8:30am to 1:00pm

Monday to Thursday: 4:00 to 7:00pm

*We reserve the right to change schedules



**Kamloops
Community
YMCA-YWCA**

Winter Schedule January 2 to June 30, 2012

Downtown Y Circuit Room: Fitness Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:00am	Circuit Workout Selina	60+ Circuit Kitty	Circuit Workout Terra	60+ Circuit Kitty	Circuit Workout Jane

Sign-up sheet is available 30 minutes before the class.

Downtown Y Multi-purpose room: Mind-Body Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
6:45am-7:45am			Yoga Fitness Fusion*		
9:00am-10:00am	9-10:30am Yoga with Cheryl Jan 23-Mar 26	Mother Goose	Integrated Pilates Jan 4-Jan 25	Awareness through Movement Jan 19-Mar 29	
10:00am-11:00am	10:45-11:45am Pre/Postnatal Class Jan 23-Feb 27	10:45-11:45am Fitness In a Chair*	11am-12pm Zumba Gold*		Stick Pilates Jan 6-Jan 27
12:10pm-12:50pm	Lunchtime Yoga* 1:00pm-	Fitness Fusion*	Lunchtime Yoga*	Lunchtime Yoga*	
1:00pm-2:00pm	1pm-2:15pm Restorative Yoga Jan 16-Feb 27	1:45pm-2:30pm Advanced Restorative Yoga Jan 17-Feb 14		1:30-2:45pm Gentle Yoga for Older Adults Jan 19-Mar 8	
2:00pm-3:00pm	2:30pm-3:45pm Yoga for Health & Wellness Jan 16-Feb 13	2:45pm Yoga For Arthritis Jan 17-Feb 14			
5:00pm	Pilates on the Ball Jan 9-Feb 13	Fit Flow Yoga 5-6:15pm Jan 17-Feb 28	5:15-6:45pm Yoga the Feldenkrais Way Jan 18-Mar 28		
6:00pm	6:10pm -7:10pm Awareness through Movement Jan 16-Mar 26	6:30-7:30pm Essentials of Pilates Jan 10-Feb 14		5:30pm-7pm Yoga For Skiers Jan 12-Feb 16	
7:15pm	Wing Chun Gung Fu Jan 9-Mar 1	7:45pm-8:45pm Wedding Bootcamp	Integrated Pilates 7:15-8:15pm Jan 4-Jan 25	Wing Chung Gung Fu Jan 9-Mar 1	

The above programs have a member discount fee. Check the program guide for descriptions. Classes with an asterisk * are included in membership.

Playcare Hours:

Monday to Saturday: 8:30am to 1:00pm

Monday to Thursday: 4:00 to 7:00pm



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Winter Schedule January 3 to June 30, 2012

≡ North Shore Y Adult Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45-8:45			Yoga Angie				
9:00-10:00	Yoga Pure and Simple 9:00-10:15 Charlie	Group RX Megan Power Walking Jan17-Mar15 George (9:15)	Pedal Power Tera Bootcamp Rachelle (CR)	Group RX Michelle Power Walking Jan17-Mar15 George (9:15)	Zumba Allison / Tera Bootcamp Rachelle (CR)	Zumba 10:45-11:30 Caitlin	TRX & Cardio 12:00-1:00 Olivia
9:15-10:15		Power-Up Circuit Tera (CR)		Power-Up Circuit Meghan (CR)			
10:15-11:15		Stretch for Health Meghan		Stretch for Health Carmen			
10:30-11:30	PBS Lynn PBS Circuit Barbara (CR)		Zumba Gold Jacqueline Yoga Circuit Carmen (CR)		PBS 10:30-11:45 Michelle PBS Circuit Tera (CR)		
Noon	Zumba 12:15-1:15 Gwen		Breath & Wellness 11:45-12:15 Carmen		Zumba 12:00-1:00 Dayana		
1:15-2:15		Better Bones Jan17-Mar15 Anita		Better Bones Jan17-Mar15 Barbara			
5:30-6:30	Bootcamp Jarita	Zumba or K-Box Tera/Elizabeth	Bootcamp Jarita	Zumba Lisa & Dee			
6:45-7:45		Group RX Angie		Step & Sculpt Fern			

(CR) Class in Circuit Room

Playcare Hours:

Monday to Saturday: 8:30am to 1:00pm

Monday to Thursday: 3:30 to 7:45pm

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