

SPECIALTY PROGRAMS

TRX AND STRETCH

Looking for something new? Come try the TRX Suspension Training System. It is the best total body tool! TRX Training builds total body strength, balance, flexibility and core stability for people of all fitness levels. 30 min TRX and 15 min stretch.

NORTH SHORE Y

Saturdays, 10:30-11:15 am

Jan 23 - March 27 (9 weeks) Course 2067

April 10 - June 26 (11 weeks) 2070

9 weeks Members: \$45 Non-Members: \$72

11 weeks Members: \$55 Non-Members: \$88

30 MINUTE TRX BLAST

NEW!

Looking for a fast full body workout? Try the new TRX Suspension Training System. It's the best TOTAL BODY tool. TRX works on total body strength, balance, flexibility & core stability for all body types.

NORTH SHORE Y

Wednesdays, 5:15 - 5:45 pm

Jan 20 March 31 (10 weeks) Course 2068

April 7 - June 23 (12 weeks) Course 2071

10 weeks Members: \$30 Non-Members: \$50

12 weeks Members: \$36 Non-Members: \$60

TRX & CARDIO

NEW!

The ultimate workout class! Try 30 minutes of the TRX Suspension Training System, along with an intense 30 minute heart pumping cardio session and 15 minute stretch. TRX is the best TOTAL BODY strength conditioning tool which focuses on building strength, balance, flexibility & core stability for all body types. When combined with cardio (step, spin or hi/low) you will have maximized your energy expenditure!

NORTH SHORE Y

Tuesdays, 5:30 - 6:45 pm

Jan 19 - March 30 (10 weeks) Course 2069

April 13 - June 29 (12 weeks) Course 2072

10 weeks Members: \$60 Non-Members: \$80

12 weeks Members: \$72 Non-Members: \$96

LAS VEGAS RIDE

Sign up for this fun cycling workout ... Vegas Style! Lots of prizes. Space is limited to 15.

DOWNTOWN Y

Sunday, 9:30 am - 10:30 am

March 14 Course 2144

Members: \$10 Non-Members: \$20

BELLY DANCING

Belly Dance is a dynamic and diverse art form, incorporating a wide array of styles and movements from the folk, social and classical traditions of numerous Middle Eastern cultures. This beginner class will introduce you to the basic moves, giving you a great abdominal work out all while having fun. Instructor Corrie has a real passion for belly dancing and has been dancing for 7 years. Corrie's dance group has entered many competitions including winning 1st in 2007 International Ahlan Cairo Nights.

NORTH SHORE Y

Fridays, 6:00 - 7:00 pm

Jan 22 - March 26 (10 weeks) Course 2082

April 9 - June 25 (12 weeks) Course 2084

10 weeks Members: \$50 Non-Members: \$100

12 weeks Members: \$60 Non-Members: \$120

BELLY DANCE 2

Belly Dance 2 has a pre requisite of 18 weeks of beginner belly dancing.

NORTH SHORE Y

Fridays, 7:00 - 8:00 pm

Jan 22 - March 26 (10 weeks) Course 2083

April 9 - June 25 (12 weeks) 2085

10 weeks Members: \$50 Non Members: \$100

10 weeks Members: \$ 60 Non Members: \$120

CIRCUIT TRAINING

A fun interactive workout in our private circuit training studio. Goal setting, body composition analysis, one on one personal attention. One hour packed with a different workout each class!

NORTH SHORE Y

Monday/Wednesdays, 7:00 - 8:00 pm

Jan 18 - March 31 (10 weeks) Course 2073

April 12 - June 30 (12 weeks) 2075

Tuesday/Thursdays, 7:00 - 8:00 pm

Jan 19 - April 11 (11 weeks) Course 2074

April 13 - June 24 (11 weeks) 2076

10 weeks Members: \$70 Non Members: \$110

11 weeks Members: \$77 Non Members: \$121

12 weeks Members: \$80.50 Non Members: \$126.50



MAKING THE CUT

**It's about getting into the best
SHAPE of your LIFE!**

Join personal trainer Meghan Drew for an intense, one of a kind 10 week program. Designed to maximize your potential so that you get dramatic results at an accelerated pace. Train mentally, nutritionally and physically.

Space is limited to 8.

NORTH SHORE Y

Wednesdays, 9:30 - 10:30 am

Jan 20 - March 31 Course 2077

April 14 - June 16 2078

Members: \$200 Non-Members: \$350

Y VOLUNTEER

PROFILE:

**Playcare Volunteer. One of over
220 Y volunteers**



*I like to volunteer at the Y
because it is so wonderful to
watch children learn and grow!*

Tina Hebner

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

kamloopsy.org

Registered Charity #107556060RR

SPECIALTY PROGRAMS

MARTIAL ARTS

WING CHUN GUNG FU

A style of martial arts from southern China that uses superior position and technique, not strength and size, to overcome an opponent. Program focuses on fitness, self defence, and personal development in an open, cooperative class environment. Appropriate for people of all fitness levels. No previous martial arts experience is required.

DOWNTOWN Y

Mondays & Thursdays, 7:00 - 8:15 pm

Jan 11 - March 4 (8 weeks) Course 2142

March 8 - May 3 (8 weeks) 2143

Members: \$36 Non-Members: \$70 (twice a week)

AIKIJUJIDO

A simple and effective self-defense method that enables a practitioner to control violent situations by using redirection and joint locking techniques.

DOWNTOWN Y

Course 2135

Mondays, Wednesdays & Thursdays, 8:15 pm

Members: \$20 per month Non-Members: \$30 per month

ADULT BEGINNER KARATE

Shotokan Karate (15 years and up)

Kenora Avenue

Tuesdays & Thursdays, 6:30 - 8:00 pm

Jan 19 - April 22 Course 2141

Members: \$112.50 Non-Members: \$125



BETTER LIVING

MIDLIFE MAKEOVER

Have you decided you're ready to make changes towards a healthy lifestyle but need some help? Join Y Trainers for this 8 week program which includes weekly weigh-ins and group workouts. This program is appropriate for beginners.

DOWNTOWN Y

Mondays, 6:00 - 7:00 pm

Jan 25 - March 15

Course 2145

Members: \$135 Non-Members: \$245

BETTER LIVING THROUGH BETTER POSTURE

NEW!

Our days are filled with staring at computers, lugging heavy shoulder bags and cradling the phone in the crick of our necks. Now our backs are paying the price. Session includes strengthening and stretching.

DOWNTOWN Y

Thursdays, 7:00 - 8:00 pm

Feb 28 - March 18

Course 2146

Members: \$56 Non-Members: \$78

HEART THROBS

Cardiac Rehabilitation program

For those individuals who have had a heart attack or who are at risk. All participants must be referred to the program by their physician.

DOWNTOWN Y

Course 2131

Kamloops United Church (421 St. Paul Street)

Mondays/Wednesdays/Fridays, 5:00 - 6:00 pm

Included in Y Membership.

Non-Members: \$100 (3 month session)

TRI TRAINING

NEW!


Need a goal to work towards? Looking to change your old workout? Why not consider training for a Triathlon! With the support of coaches and other participants you'll have a great experience!.

Saturdays, 10:00 - 11:30 am

Jan 30 - April 3

Course 2241

Members: \$120 Non-Members: \$190



I will donate to a charity that benefits kids in my community

Did you know that the Kamloops YMCA-YWCA is a charity? Please consider donating today. Donate on-line at kamloopsy.org or call 250-372-7725

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

kamloopsy.org

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