

## Try the Y today!

- No sign-up fees
- No cancellation fees
- Use of 2 health centres, pool and over 70 fitness classes a week included in your membership
- Lots of great new programs



**TRX Suspension Training**  
Totally new Total Body Training  
on suspended cables



**Group Cycling**  
Calories melt away as you  
cycle your way to fitness. Great  
post-holiday work out!



**Wing Chung**  
Martial arts class that focuses on fitness,  
self-defense and personal development



**Rep Reebok**  
Strength training with proven results  
and a huge following.

## TRY THE Y FOR A DAY



Valid for **ONE DAY PASS ENTRY** to the  
Downtown or North Shore Y for an  
adult, youth or child.\*

\*Children and youth under 13 must be accompanied by a parent/guardian to redeem pass in fitness area.  
Age restrictions also apply to pool admissions. No cash value. One coupon per person valid Dec. 30, 2009-June 30, 2010

**Kamloops Community YMCA-YWCA**  
400 Battle Street Kamloops, BC V2C 2L7  
Tel: 250-372-7725

**North Shore YMCA-YWCA**  
700 Tranquille Road Kamloops, BC  
Tel: 250-554-9622

Take advantage of our  
special offer to try the Y for  
**FREE.**  
Stop by the Y any time for a  
free tour of our facilities.

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

**kamloopsy.org**

Registered Charity #107556060RR