

## ACTIVE AND HEALTHY LIVING FOR OLDER ADULTS

Begin your journey to health and wellness at the Y!

### 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: \$200 (5 month session)*

### DANCERCIZE

A fun way to do aerobics and stay in shape. You will learn a variety of routines as well as exercises for shaping and toning.

#### DOWNTOWN Y

**Tuesdays/Thursdays, 11:00 am - 12:00 pm**

Jan 19 - April 8 (12 weeks) Course 2130

*Included in Membership. Non-Members: \$110*

### FITNESS IN A CHAIR

For those who are concerned about balance but would still like to have an effective workout. Includes cardio, muscle toning and stretching. Try it! You'll love how it makes you feel.

#### DOWNTOWN Y

**Tuesdays, 10:45 - 11:45 am**

Starts Jan 12 (10 weeks) Course 2132

*Included in Membership. Pre-registration required.*

### GENTLE AQUAFIT

A 45 min shallow water class. Low impact and easy on the joints

#### DOWNTOWN Y

Course 1476

**Wednesdays/Fridays, 2:00 - 2:45 pm**

*Included in Membership.*



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

### LINE DANCING

Come and work your body and mind with some fun routines. All levels welcome.

#### DOWNTOWN Y

**Fridays, 10:05 am**

Starts Jan 8

*Included in Membership.*

### BETTER BONES CHAIR AEROBICS

Wanting to begin an exercise program and don't know where to start? This program is for you. Join us for this fun, social interactive workout all based from a chair. This program is also designed for those who have osteoporosis and those at risk. Come and exercise in a safe environment.

#### NORTHSHORE Y

**Tuesdays/Thursdays 1:00 - 2:00 pm**

Jan 19 - April 1 (10 weeks) Course 2079

April 6 - June 24 (12 weeks) 2080

*Included in Membership.*

*Non-Members: 10 weeks \$80 • 12 weeks \$96*

### STRETCH FOR HEALTH

Stretching is an important component of any program; it strengthens the joints and supporting connective tissues. It also relaxes the body and mind. Enjoy this peaceful getaway.

#### NORTHSHORE Y

**Tuesdays/Thursdays, 10:15 - 11:00 am**

Jan 5 - June 29

#### DOWNTOWN Y

**Mondays/Wednesdays, 10:00 - 10:45 am**

Starts Jan 4

*Included in Membership.*

### MALL WALKING

**NEW!**

Bring the outdoors inside during the winter months; join certified leaders for a 45 minute mall walking program in the Northhills Mall. Meet at the lobby of the NorthShore Y. Increase your cardiovascular fitness, strength, endurance, balance and flexibility. Pedometers will be provided to participants focus during the program.

#### NORTHSHORE Y LOBBY

**Tuesdays/Thursdays, 9:30 - 10:15 am**

Jan 19 - April 1 (11 weeks) Course 2086

*Included in Membership. Non-Members: \$22*

### FIFTY PLUS

Instructor leads the group through a warm-up followed by a workout in the circuit format, ending with a cool-down and stretch.

#### DOWNTOWN Y

**Tuesdays/Thursdays, 10:00 - 10:55 am**

Starts Jan 5

*Included in Membership*

### BREATH AND WELLNESS

Breathing and wellness is a class to explore yourself through relaxation and self-meditation, developing breathing techniques, positive thinking and relaxation poses.

#### NORTHSHORE Y

**Fridays, 11:30 am - 12:00 pm**

Jan 8 - June 25

*Included in Membership*

### PBS (Posture Balance Strength) 50+

Keep moving and discover your strength through core exercises. A great class for beginners, seniors and participants that may be doing rehabilitation. Class includes the use of dumbbells, tubing and balls.

#### NORTHSHORE Y

**Mondays, Wednesdays & Fridays, 10:30 - 11:30 am**

Jan 4 - June 30

#### DOWNTOWN Y

**Tuesday & Thursday, 10:00 - 10:55 am**

*Included in Membership*

### OLDER ADULT EXPRESS CIRCUIT

Y Express Circuit classes are the most effective way to combine cardio conditioning with functional strength training. Our classes are safe, fun, efficient and effective! The use of various pieces of equipment (medicine ball, stability balls, rubber tubing and balance equipment) enhances postural awareness, balance and muscle and bone strength.

#### DOWNTOWN Y

**Mondays/Wednesdays, 1:00 - 2:00 pm**

All circuit classes start Jan 4

Sign up sheet at the front desk 30 min. before class.

*Included in Membership.*

### PBS CIRCUIT (Posture Balance Strength)

**NEW!**

Hydraulic machine workout in our private circuit room. Keep moving and discover your strength through upper/lower body, and core exercises. A great class for beginners, seniors and participants that may be doing rehabilitation. Class includes the use of dumbbells, tubing and balls.

#### NORTHSHORE Y

**Mondays/Wednesday/Fridays, 10:30 - 11:30 am**

Jan 4 - June 40

#### DOWNTOWN Y

**Mondays, 11:00 - 12:00 pm**

Starts January 11

*Included in Membership*