

## CLASSES

**Choose from over 70 fitness classes a week!**

- **No Cost to Y Members**

All of the classes listed below are included in your membership.

- **Qualified Instructors**

Our instructors are leaders in the fitness industry and are Nationally YMCA certified. Many instructors are also recognized through BCRPA and internationally through organizations such as the American Council on Exercise and the American College of Sports Medicine. All leaders are First Aid and CPR certified and receive ongoing training and development.

**Get a current class schedule at [kamloopsy.org](http://kamloopsy.org) or at any Y location  
or call 250-372-7725 • 250-554-9622**



## FITNESS CLASS DESCRIPTIONS

**Abs & Buns:** A variety of exercises designed to tone these areas.

**All Circuits Go-Winterfit:** Winter sport conditioning, fast paced and energizing. This class will improve strength, stamina and mobility through a variety of drills and equipment.

**Basic Self Defense:** A super charged upper/lower body self defense class with martial art poses, punches and kicks. Workouts are great for all levels. (Circuit Room)

**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.

**Boot Camp:** This class helps to build confidence, strength and physical stamina. Participants are challenged to push the boundaries of their endurance in order to reach their fitness and health goals.

**Breath and Wellness:** Explore yourself through relaxation and self-meditation. Develop breathing techniques, positive thinking and relaxation poses.

**Circuit Strength:** A great mix of full body strength challenges, some plyometrics and, of course, a portion of cardio to get your heart thumping. (Circuit Room)

**Core Conditioning:** Challenge your strength, balance & agility using the stability ball, dumbbells & your body weight.

**Cardio Core Blast:** Interval training using a variety of equipment that hits every muscle. A combination of cardio & core.

**Dancercise:** A fun way to stay in shape. Learn a variety of basic dance routines as well as exercises for toning.

**Circuit Class:** Maximize results in a minimum amount of time! Resistance training + aerobics + FUN! Held in the circuit room

**Fitness Fusion:** A blend of yoga and pilates.

**Fitness In A Chair:** For those who have difficulty with balance. Class includes cardio, toning and stretching.

**Group Cycling:** Instructor leads riders through a warm-up, drills with hills, speed play and much more, ending with a cool down. Pre sign up required.

**Group Rx:** Extremely effective strength training, using traditional exercises and great music. For all fitness levels.

**Jarita's Boot Camp:** Come get a killer workout. Different styles and advanced new techniques to work your Booty to the core! Great for all levels, tones and builds.

**K-BOX:** Kick-Aerobic-Exercise and boxing drills are combined in this medium-high impact class. Great for cardiovascular fitness, strength, agility and coordination.

**Line Dancing:** Challenge the mind and body and have fun. Variety of music. Beginners welcome.

**Pedal Power:** Everyone finishes first in Pedal Power. Perform endurance drills, core exercises, climb mountains and spin your way to burning calories and strengthening your lower body. This 40 minute cycle program is geared for anyone that can ride a bike.

**PBS:** Posture, Balance and Strength. 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.

**PBS Circuit:** Posture, Balance and Strength hydraulic machine workouts. 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.

**Power Up Circuit:** Intensify your workout with dynamic drills to challenge your strength, power & agility. Class consists of free weights, circuit station and hard, loud rock & roll!

**Rear Attitude:** This class is all about the lower half of the body. You'll need attitude to get through this challenging class.

**Spin + Pump:** Flat roads, hills, and drills will have you cycling and burning calories. Second half is all about toning the upper body and core.

**Step:** This class never goes out of style. Using a step platform, you will get a great cardio workout and burn calories.

**High Energy Step:** For those who love high energy and challenging routines. Not recommended for beginners.

**Step N' Sculpt:** A great combination of step and toning.

**Strength & Power:** A multi functional resistance training class. Great for breaking plateaus in your own program and making strength gains from week to week. Great for participants looking for a challenge!

**Stretch for Health:** 45 minutes of gentle stretching to improve your flexibility, balance, coordination & body awareness, set to relaxing music. Suitable for all.

**TRX & Cardio:** The ultimate workout class! Try 30 minutes of the TRX Suspension Training System, along with an intense 30 minute heart pumping cardio session. TRX is the best TOTAL BODY strength conditioning tool. It focuses on building strength, balance, flexibility & core stability for all body types.

**Yoga Circuit:** Designed to focus on your posture, balance and strength through upper/lower body and core exercises. A great class for beginners, seniors and advanced.

**Yoga, Pure & Simple:** This class will focus on improving balance, strength, and flexibility in a relaxed, comfortable environment. Open to those who are new to yoga as well as experienced practitioners.

**ZUMBA** Is Exercise in Disguise! This Latin-based dance fitness program is sure to have you laughing, sweating and having a blast as you tone and shape your whole body. Don't worry if you have two left feet, ZUMBA is designed to suit all fitness levels and abilities. Bring a friend! Ditch the workout, JOIN THE PARTY!