

## ACTIVE AND HEALTHY LIVING FOR OLDER ADULTS

Begin your journey to health and wellness at the Y!

### BREATH AND WELLNESS

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

#### NORTHSHORE Y

Wednesdays, 11:45 am - 12:15 pm

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, 1:15 - 2:15 pm

Jan 17 - Mar 15 (9 weeks) Course 5451

Included in Membership. Non-Members: \$72

Apr 3 - Jun 21 (12 weeks) 5452

Included in Membership. Non-Members: \$96

### 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

Starts Jan 10 Course 5327

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. We even do some Zumba.

#### DOWNTOWN Y

Tuesdays, 10:45 - 11:45 am

Starts Jan 7 Course 5596

Included in Membership. Pre-registration required.

### GENTLE AQUAFIT

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

#### DOWNTOWN Y

Mondays, Wednesdays & Fridays, 2:00 - 2:45 pm

Included in Membership.

### 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 5595

Kamloops United Church (421 St. Paul Street)

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

Included in Membership.

Non-Members: \$120 (3 month session)

### LINE DANCING

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

#### DOWNTOWN Y

Fridays, 10:05 am

Included in Membership.

### POWER WALKING

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

#### NORTHSHORE Y LOBBY

Tuesdays & Thursdays, 9:15 - 10:00 am

Sept 13 - Dec 15 (14 weeks) Course 4911

Included in Membership. Non-Members: \$56

### SMART FIT CIRCUIT (60+ CIRCUIT)

Balance, strength, cardiovascular endurance and co-ordination are all important components of fitness as we age. This class has been designed to you help stay healthy and fit.

#### DOWNTOWN Y

Tuesdays & Thursdays, 9:00 am - 9:45 pm

Included in Membership.

### PBS (Posture Balance 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.

#### NORTHSHORE Y

Mondays, 10:30 - 11:30 am

Fridays, 10:30 - 11:45 am

#### DOWNTOWN Y

Tuesdays & Thursdays, 10:00 - 10:55 am

Included in Membership.



### PBS CIRCUIT (Posture Balance Strength)

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 & Fridays, 10:30 - 11:30 am

Included in Membership.

### 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.

#### DOWNTOWN Y

Mondays & Wednesdays, 10:00 - 10:45 am

#### NORTHSHORE Y

Tuesdays & Thursdays 10:15 - 11:15 am

Starts Jan 4

Included in Membership.

### YOGA CIRCUIT

This class is designed to focus on your posture, balance and strength through upper/lower body and core exercises. A combination of strength machines and yoga poses. Great for any level.

#### NORTHSHORE Y

Wednesdays, 10:30 - 11:30 am

Included in Membership.

### GENTLE YOGA FOR OLDER ADULTS

NEW

This gentle yoga class for older adults includes yogic breathing, seated and lying postures, guided and silent relaxation, and meditation. Depending on the needs of the participants, variations of standing postures may be taught with chairs or the walls for support where needed. Beginning a yoga practice as a senior or continuing, yoga strengthens bones, reduces aches and pains, boosts immunity, tones organs, improves and help manage stress.

#### DOWNTOWN Y

Thursdays, 1:30-2:45 pm

Jan 19 - Mar 8 (8 weeks)

Course 5356

Mar 15 - May 3 (8 weeks)

5367

Members: \$56 Non-Members: \$64

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

[kamloopsy.org](http://kamloopsy.org)

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