

MIND BODY

AWARENESS THROUGH MOVEMENT®

Would you like to move with greater ease and less effort? Are you interested in learning a dynamic way to release stress that involves how your movement relates to thinking, feeling and sensing? Awareness Through Movement® lessons created by Dr. Moshe Feldenkrais explore human neuromuscular functioning in a fascinating way that benefits range of motion, muscular coordination, upright posture and better breathing. ATM is a fun way to enhance your performance and pleasure in all the activities you enjoy doing. Classes for all ages and abilities.

DOWNTOWN Y

Mondays, 6:10 - 7:10 pm

Jan 16 - Mar 26 (11 weeks) Course 5359
Apr 2 - Jun 11 (8 weeks) 5406

Thursdays, 9:00 - 10:00 am

Jan 19 - Mar 29 (11 weeks) 5358
Apr 15 - June 7 (10 weeks) 5407

Members: \$98 Non-Members: \$120

BLISS YOGA

NEW!

A combination of Hatha, Ashtanga, and Power Yoga. A practise of yoga asanas, leading into Phrases of Yoga Poses Woven together with Breath. Emphasis is on proper alignment. All fitness levels are welcome although some experience with yoga is helpful. Lill will offer options during class in order to keep your personal practice safe and effective. Come and experience the bliss of yoga by Lill :)

NORTH SHORE Y

Mondays only, 7:00 - 8:15 pm Course 5453

Wednesdays only, 7:00 - 8:15 pm 5458

Mondays & Wednesdays, 7:00 - 8:15 pm 5459

Jan 16 - Mar 14 (9 weeks)

Mon or Wed Members: \$90 Non-Members: \$120

Mon & Wed Members: \$120 Non-Members: \$180

Apr 4 - June 20 (10 or 12 weeks)

Mondays Members: \$100 Non-Members: \$130 (10 weeks)

Wednesday Members: \$120 Non-Members: \$156 (12 weeks)

Mon & Wed Members: \$154 Non-Members: \$220 (12 weeks)

YOGA FOR ARTHRITIS

NEW!

A gentle yoga class for mobile joints, increased flexibility, suppleness, stability and strength in muscles and an increased relaxation response. A great way to overcome the challenges that living with arthritis creates!

DOWNTOWN Y

Tuesdays, 2:45 - 4:15 pm

Jan 17 - Feb 14 (5 weeks) Course 5352
Feb 28 - Mar 27 (5 weeks) 5366

Instructed by Cyclynnne, a yoga fitness leader and massage therapist.

Members: \$60 Non-Members: \$72

RESTORATIVE YOGA

Restorative Yoga is a blend of gentle yoga, breath work, hands-on self healing techniques and meditation that releases the body from the fight or flight response caused by trauma, illness, diseases and life's everyday stresses. Each pose represents a gentle, adapted posture that is fully supported and is held for 10 minutes or more. We use traditional yoga movements and stretches to flow from one posture to another. Creating a routine that relieves stiffness, rejuvenates muscles and lubricates joints.

DOWNTOWN Y

Mondays, 1:00 - 2:15 pm

Jan 16 - Feb 13 (5 weeks) Course 5360
Feb 27 - Mar 26 (5 weeks) 5586

Members: \$60 Non-Members: \$72

ADVANCED RESTORATIVE YOGA

An opportunity for individuals with experience in restorative yoga to go deeper into their practice. Each pose is held for up to 20 minutes and you will be introduced to some intermediate poses. We will practise mindfulness as well as lion and alternate nostril breathing techniques.

DOWNTOWN Y

Tuesdays, 1:45 - 2:30 pm

Jan 17 - Feb 14 (5 weeks) Course 5350
Feb 28 - Mar 27 (5 weeks) 5351

Members: \$60 Non-Members: \$72

SPIN & YOGA

The perfect blend of YIN and YANG. 30 minutes of cycling and 40 minutes of yoga. Try the hottest workout in North America. Don't miss out, space is limited!

DOWNTOWN Y

Sundays, 9:00 - 10:30 am

Jan 22 - Mar 4 (7 weeks) Course 5360
Mar 11 - Apr 29 (7 weeks) 5586

Members: \$35 Non-Members: \$70

YOGA FOR HEALTH & WELLNESS

This 90 minute introductory and entry level yoga class offers a safe, gentle, restorative and meditative experience that will give participants the opportunity to explore the intimate connection between the mind and body. It is designed to give participants an introduction to theory and practice of yoga and will focus on postures, breathing and meditation. We will breathe, move and stretch our way to an open body, calm mind and relaxed spirit.

DOWNTOWN Y

Mondays, 2:30 - 3:45 pm

Jan 16 - Feb 13 (5 weeks) Course 5455
Feb 27 - Mar 26 (5 weeks) 5589

Members: \$60 Non-Members: \$72

YOGA FOR SKIERS

Skiers, boarders, tele, backcountry, and cross-country skiers, jump start your ski season with asanas (poses) designed to maximize strength, balance, and flexibility, all of which help to make for a memorable skiing experience! Charlie Bruce, certified yoga instructor and Master's World Cup Cross-Country competitor, will lead six weeks of yoga sessions designed to prepare your mind, body, and spirit for the upcoming ski season. Class is limited to 15 participants.

DOWNTOWN Y

Thursdays, 5:30 - 7:00 pm

Jan 12 - Feb 16 (6 weeks) Course 5587
Members: \$60 Non-Members: \$72

YOGA THE FELDENKRAIS WAY **NEW!**

Yoga the Feldenkrais way, Awareness Through Movement, and Meditation in motion, it's all about utilizing more of the brain. Join Colleen for this Yoga experience that is for all levels and will enhance everything you do. You will be guided into postures with ease and grace, feeling and sensing, to open the brain and nervous system. Improve self image, spontaneity to move, think, and feel free in your life and life experiences.

DOWNTOWN Y

Wednesdays, 5:15 - 6:45 pm

Jan 18 - Mar 28 (11 weeks) Course 5357
Apr 4 - June 6 (10 weeks) 5405

Members: \$110 Non-Members: \$132 (11 weeks)

Members: \$100 Non-Members: \$120 (10 weeks)

REAL MEN DO YOGA

A new Harris Poll commissioned by **Yoga Journal** suggests that men make up 23% of North America's 15 million yoga enthusiasts. The myth that yoga is for ladies and sissies is slowly being dispelled. Men are finally tuning in to what yogis have known for centuries. Yoga improves flexibility, increases strength, helps to eliminate back pain, reduces stress, and improves sport performance. Men are seeing great results from yoga as it both calms and challenges even the most elite athletes. In fact, Yoga is a wonderful form of year long cross training.

DOWNTOWN Y

Thursdays, 5:30 - 7:00 pm

Feb 23 - Mar 29 (5 weeks) Course 5361
Members: \$50 Non-Members: \$60

STRENGTH, STRETCH & ME

Enjoy one hour of flowing, invigorating sequences of yoga poses and strength circuit training. Then spend the last half hour exploring yourself through relaxation & self meditation.

NORTH SHORE Y

Thursdays, 7:00 - 8:30 am

Apr 5 - May 10 (6 weeks) Course 5760
May 17 - June 21 (6 weeks) 5761

Members: \$48 Non-Members: \$60

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

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Registered Charity #107556060RR

Adult Fitness

MIND BODY

YOGA WITH CHERYL

NEW!

Join Cheryl Gray, Registered Massage Therapist since 2001 and Yoga Practitioner since 2005, and experience therapeutic hatha yoga for all levels. Classes are customized to the level of each student and attention is paid to your safety and enjoyment. Experience improved energy, health and a relaxed frame of mind through alignment based postures, cleansing breathing techniques and guided relaxation.

DOWNTOWN Y

Mondays, 9:00 - 10:30 am

Jan 23 - Mar 26 (10 weeks)

Course 5355

Members: \$100 Non-Members: \$120

GENTLE YOGA 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 helps 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

FIT FLOW YOGA

Easy to follow approach - learn a complete range of basic moves - including standing, seated, lying and relaxation poses. Learn to focus your mind on your body and breath. Enjoy flowing, invigorating sequences with step-by-step instructions, including modifications, allowing you to move at your own pace and level. Improve your stamina, strength, balance and flexibility while having fun! Experience general health and fitness level improvements. Please bring a yoga mat.

DOWNTOWN Y

Tuesdays, 5:00 - 6:15 pm

Jan 17 - Feb 28 (7 weeks)

Course 5353

Mar 6 - Apr 17 (7 weeks)

5354

Apr 24 - June 5 (7 weeks)

5399

Instructor: Selina

Members: \$56 Non-Members: \$80

FITNESS FUSION

Participants will experience a modern approach to training in the traditional forms of yoga and pilates from a fitness perspective. Space is limited. Sign up 1/2 hour before class.

DOWNTOWN Y

Tuesdays, 12:10 - 12:50 pm (Multi-Purpose Room)

Included in Membership.

PILATES

BEGINNER: ESSENTIALS OF PILATES: Tone and develop muscles without building bulk. Improve posture, flexibility and stamina. Strengthen the back and flatten the stomach.

DOWNTOWN Y

Tuesdays, 6:30 - 7:30 pm

Jan 10 - Feb 14 (6 weeks)

Course 5368

Mar 27 - May 15 (8 weeks)

5368

INTEGRATED PILATES: The use of bands, balls and rings make the pilates mat exercises more challenging and fun. Participants need to have attended a beginner's session. Space is limited to 12 participants.

DOWNTOWN Y

Wednesdays, 9:00 - 10:00 am

Jan 4 - Jan 25 (4 weeks)

Course 5369

Mar 14 - May 9 (8 weeks)

5373

Wednesdays, 7:15 - 8:15 pm

Jan 4 - Jan 25 (4 weeks)

Course 5370

Mar 14 - May 9 (8 weeks)

5374

Fridays, 9:00 - 10:00 am

Jan 6 - Jan 27 (4 weeks)

Course 5371

Mar 16 - Apr 27 (6 weeks)

5594

PILATES ON THE BALL: For those who have a sound foundation of the pilates principles and are looking to add more challenge to their workouts.

DOWNTOWN Y

Mondays, 5:00 - 6:00 pm

Jan 9 - Feb 13 (6 weeks)

Course 5372

Mar 12 - May 14 (8 weeks)

5375

 4 weeks *Members: \$32 Non-Members: \$36*

 6 weeks *Members: \$48 Non-Members: \$54*

 8 weeks *Members: \$64 Non-Members: \$72*


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. Ditch the workout. **JOIN THE PARTY.**

DOWNTOWN Y

Mondays, 9:00 - 10:00 am

Mondays, 4:00 - 4:45 pm

Tuesdays, 7:00 - 8:00 pm

Wednesdays, 4:00 - 4:45 pm

Thursdays, 7:00 - 8:00 pm

Saturdays, 12:00 - 1:00 pm

Sundays, 9:45 - 10:45 am

NORTHSHORE Y

Mondays, 12:15 - 1:15 pm

Thursdays, 5:30 - 6:30 pm

Fridays, 9:00 - 10:00 am

Fridays, 12:00 - 1:00 pm

Saturdays, 10:45 - 11:30 am

ZUMBA GOLD

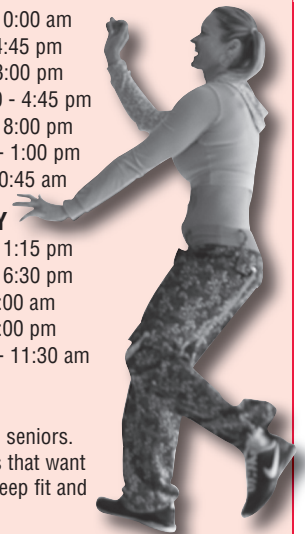
For beginners and seniors. For mature bodies that want to keep moving, keep fit and have fun.

NORTHSHORE Y

Wednesdays, 10:30 - 11:30 am

DOWNTOWN Y

Wednesdays, 11:00 - 11:50 am

All classes included in Membership


VOLUNTEER PROFILE

Corrie Tucker, Y Healthy Kids Day volunteer



photo credit: Kamloops Daily News

"I love working with kids and watching them express themselves using dance in such a creative manner. The Y's Healthy Kids Day event is amazing. I love being able to contribute to something so positive in my community."

**Over 420 people
are Y Volunteers**

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

We build strong kids, strong families, strong communities.