

## SPECIALTY PROGRAMS

### HEALTHIER LIVING

#### HEART THROBS

##### Cardiac Rehabilitation program

For 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

**Kamloops United Church (421 St. Paul Street)**

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

*Included in Y Membership.*

*Non-Members: \$120 (3 month session) Course 5595*

#### DANCERCIZE

Learn a variety of choreographed routines that improve your endurance, tone your muscles and end it all with a nice stretch. Safe for all levels.

##### DOWNTOWN Y

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

*Instructor: Linda*

*Starts Jan 10 Course 5327*

*Included in membership. Non-members: \$110*

#### HOLISTIC WELLNESS

Self-hypnosis is a great tool that can be used to bring about healthy ideas, choices, and outcomes. If you have an open mind and a desire to welcome positive change this self-hypnosis program may be for you. Join Brian as he guides you using breathing and visualization to release negative thoughts and focus on building self-esteem.

##### DOWNTOWN Y

**Saturdays, 1:00 - 2:00 pm**

*Feb 5 - Feb 26 (4 weeks) Course 5733*

*Included in membership. Non-Members: \$65*

#### INTENSE POWER

Get ready! This is a stacked cross training melody of aerobic, strength, and agility movements designed for people who like a challenge.

##### NORTHSHORE Y

**Saturdays, 1:00 - 2:00 pm**

*Jan 21 - Mar 17 (9 weeks) Course 5470*

*Members: \$12/per class or \$108 for all*

*Non-Members: \$14/per class or \$126 for all*

*Apr 14 - June 23 (10 weeks) Course 5471*

*Members: \$12/per class or \$120 for all*

*Non-Members: \$14/per class or \$140 for all*

#### WHY WEIGHT FIT CAMP

##### NORTHSHORE Y

**Tuesdays & Thursdays, 6:00 - 7:00 pm**

*Jan 17 - Mar 15 (9 weeks) see ad Course 5468*

*Members: \$153 Non-Members: \$180*

*Apr 3 - June 21 (12 weeks) 5469*

*Members: \$192 Non-Members: \$240*

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

#### ROCK THE SCALES

This 8 week weight loss challenge now includes a group support/workout.

##### DOWNTOWN Y

**Thursdays, 6:00 - 7:00 pm**

*Jan 19 - Mar 8 (9 weeks) Course 5592*

For clients who have a fitness base but need a push to reach their goal or overcome a plateau.

**Thursdays, 7:00 - 8:00 pm 5593**

If you are just starting out exercising or it's been a while, this time is for you.

*Members: \$195 Non-Members: \$280*



### MARTIAL ARTS

#### K-BOX WITH ELIZABETH

An explosive total body workout using kicks and punches in a low-impact, jam packed session that will burn calories like never before.

##### NORTHSHORE Y

**Tuesdays, 5:30 - 6:30 pm**

*Included in membership*

#### WING CHUN GUNG FU

A style of martial arts from southern China that uses superior position and technique, not strength and size, to overcome an opponent. Program focuses on fitness, self defence, and personal development in an open, cooperative class environment. Appropriate for people of all fitness levels. No previous martial arts experience is required.

##### DOWNTOWN Y

**Mondays & Thursdays, 7:15 - 8:30 pm**

*Jan 9 - Mar 1 (8 weeks) Course 5348*

*Mar 5 - Apr 30 (8 weeks) 5349*

*May 3 - June 28 (8 weeks) 5408*

*Members: \$36 Non-Members: \$70 (twice a week)*

## Are you up for the challenge?

**GET FIT! HAVE FUN! LOSE INCHES!**

Register at the  
North Shore YMCA  
250.554.9622

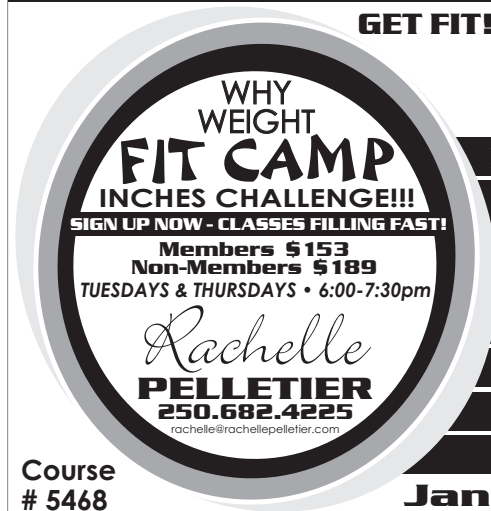


### PRIZES...

- photo shoot (\$1000.00 value)  
Tyler Meade Photography

**TYLER MEADE PHOTOGRAPHY**

- stay fit & healthy package
- fitness passes & personal training sessions
- nutritional supplement basket
- beauty salon & tanning packages



**WHY WEIGHT  
FIT CAMP  
INCHES CHALLENGE!!!**  
**SIGN UP NOW - CLASSES FILLING FAST!**  
**Members \$153  
Non-Members \$189**  
**TUESDAYS & THURSDAYS • 6:00-7:30pm**  
*Rachelle*  
**PELLETIER**  
250.682.4225  
rachelle@rachellepelletier.com

**Course  
# 5468**

**January 17 - March 15**

## SPECIALTY PROGRAMS

### LEARN TO DANCE

NEW

Join Todd for one or all workshops and have fun while you learn a variety of dance moves. Workshops are open to singles and couples.

### CHA CHA

An energetic and cheeky Latin dance with a fusion of rhythms that will benefit anyone travelling to the Caribbean or people simply looking for a great time.

#### DOWNTOWN Y

**Saturday, Jan 14, 1:00 - 3:00 pm** Course 5328

### JIVE

A must for anyone looking to hit the floor when the rock, swing and Blues music comes on. Full of turns and tucks, sure to inspire those watching from the sidelines!

#### DOWNTOWN Y

**Saturday, Mar 10, 1:00 - 3:00 pm** Course 5330

### RUMBA

The Latin "dance of love" emphasizing slow and romantic music. A great Valentines date.

#### DOWNTOWN Y

**Saturday, Feb 11, 1:00 - 3:00 pm** Course 5329

### WALTZ

You'll look smooth and elegant on the dance floor after taking this workshop in the most graceful of the ballroom dances.

#### DOWNTOWN Y

**Saturday, Apr 7, 1:00 - 3:00 pm** Course 5331

Members: \$15 Non-Members: \$25

(per person, per workshop)

### WEDDING BOOT CAMP

NEW

Every bride & groom wants to look and feel amazing on their wedding day. Wedding bootcamp will be an experience like no other. Make this the first 8 weeks of your life! Get fit, lose the weight, feel stronger & look fabulous on your special day. Program includes 1 class per week, and general weight training program. Weigh in and measurements are done every 2 weeks.

#### DOWNTOWN Y

**Tuesdays, 7:45 - 8:45 pm**

Feb 7 - Mar 27 (8 weeks) Course 5391

**Thursdays, 5:30 - 6:30 pm**

Apr 12 - May 21 (8 weeks) Course 5590

Members: \$195 Non-Members: \$255

### PRE AND POSTNATAL SEMINAR

NEW

Do you know what exercises are safe during the 3 trimesters? When is it safe to begin exercising after having a baby and what exercises are safe and not safe to do?

#### DOWNTOWN Y

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

Jan 16

Course 5393

Members: Free Non-Members: \$10

### PRE AND POSTNATAL FITNESS CLASS

Whether you are preparing to have your baby or you have just had one, taking care of your body has never been so important. This class includes 20 minutes of cardio, 20 minutes of strength & 20 minutes of stretch.

#### DOWNTOWN Y

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

Jan 23 - Feb 27

Course 5392

Members: Free Non-Members: \$50

### WHAT'S YOUR

NEW

### NEW YEARS RESOLUTION?

Is it to improve your health? Lead a healthier lifestyle? You said "this is the year" but you are unsure of **Where To Begin?** Come and learn 10 simple steps to reach your health goals!

#### DOWNTOWN Y

**Thursday, 5:30 - 7:00 pm**

Jan 19

Course 5390

Members: \$15 Non-Members: \$25

### Y HEALTHY LEARNING SERIES

NEW

Our learning series is designed for you to attend one or all, with topics that provide you with the tools for healthy living. Drs. Lisa and Robert Conroy have learned by experience and training what it takes for people to create and sustain the highest levels of energy, vitality and passion in their daily lives and now they want to share that with you.

#### DOWNTOWN Y

**The wellness principles** - lose weight, have more energy, and reach your goals through simple lifestyle changes.

Mon, Jan 23, 1:30 - 3:00 pm Course 5377

Thurs, Jan 26, 5:30 - 7:00 pm 5378

**Stress:** the underlying cause of disease! How to manage your health using the 5 wellness principles.

Mon, Feb 20, 1:30 - 3:00 pm Course 5380

Thurs, Feb 23, 5:30 - 7:00 pm 5381

**Diabetes-** Live and manage diabetes CORRECTLY!

Mon, Mar 19, 1:30 - 3:00 pm Course 5382

Thurs, Mar 22, 5:30 - 7:00 pm 5383

**Sweet deception-** Sugar addiction, artificial sweeteners, and your health.

Mon, Apr 16, 1:30 - 3:00 pm Course 5384

Thurs, Apr 19, 5:30 - 7:00 pm 5385

Members: \$10 per session Non-Members: \$20 per session

Every Kid Deserves  
a Chance



Please give today and change a life

The Y is a trusted charity that believes no child should be denied the opportunity to participate.

www.kamloopsy.org

250-372-7725

 KAMLOOPS COMMUNITY  
YMCA - YWCA

Building Healthy Communities



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

**kamloopsy.org**

Registered Charity #107556060RR