

SPECIALTY PROGRAMS

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 which focuses on building strength, balance, flexibility & core stability for all body types. When combined with cardio (step, spin or hi/low) you will have maximized your energy expenditure!

NORTH SHORE Y

Thursdays, 6:30 - 7:30 pm
Sept 23 - Dec 9 (11 weeks) Course 3338
Members: \$77 Non-Members: \$110

BELLY DANCING

Belly Dance is a dynamic and diverse art form, incorporating a wide array of styles and movements from the folk, social and classical traditions of numerous Middle Eastern cultures. This class will introduce you to the basic moves, giving you a great abdominal work out all while having fun. Instructor Corrie has a real passion for belly dancing and has been dancing for 7 years. Corrie's dance group has entered many competitions including winning 1st in 2007 International Ahlan Cairo Nights.

NORTH SHORE Y

Tuesdays, 6:30 - 7:30 pm
Sept 21 - Nov 30 (11 weeks) Course 3334
Members: \$77 Non-Members: \$110

CIRCUIT TRAINING

A fun interactive workout in our private circuit training studio. Goal setting, body composition analysis, one on one personal attention. One hour packed with a different workout each class!

NORTH SHORE Y

Mondays/Wednesdays, 7:00 - 8:00 pm
Sept 20 - Dec 8 (12 weeks) Course 3335

Tuesdays/Thursdays, 7:00 - 8:00 pm
Sept 21 - Dec 9 (12 weeks) Course 3336
Members: \$96 Non Members: \$144

ZUMBA

Zumba is back by popular demand. Join Lynn for a touch of Caribbean style latin dance workout. Dance your way to a fitter you, with exciting unique latin moves and rhythms.

NORTH SHORE Y

Sundays, 11:00 am - 12:00 pm
Nov 14 - Dec 12 (5 weeks) Course 3345

Wednesdays, 6:30 - 7:30 pm
Sept 22 - Oct 27 (6 weeks) 3346
Nov 3 - Dec 8 (6 weeks) 3347

DOWNTOWN Y

Thursdays, 7:00 - 8:00 pm
Oct 7 - Nov 18 (6 weeks) 3441

Sundays, 1:00 - 2:00 pm
Oct 24 - Nov 28 (6 weeks) 3442
5 weeks Members: \$35 Non-Members: \$50
6 weeks Members: \$42 Non-Members: \$60

ZUMBA GOLD

NEW!

For extreme beginners and seniors. For mature bodies that want to keep moving, keep fit and have fun. Zumba is a touch of Caribbean style latin dance workout that you'll love. Dance your way to a fitter you.

NORTH SHORE Y

Thursdays, 11:15 am - 12:00 pm
Nov 18 - Dec 9 (4 weeks) Course 3348

DOWNTOWN Y

Mondays, 11:00 - 11:45 am 3443
Mondays, 1:15 - 2:00 pm 3444

Oct 18 - Nov 22 (6 weeks)
Wednesdays, 1:15 - 2:00 pm
Oct 20 - Nov 24 (6 weeks) 3445
4 weeks Members: \$28 Non-Members: \$40
6 weeks Members: \$42 Non-Members: \$60

LAS VEGAS RIDE

Sign up for this fun cycling workout ... Vegas Style! Lots of prizes. Space is limited to 15.

DOWNTOWN Y

Sunday, 9:30 am - 10:30 am
Dec 5 Course 3435
Members: \$10 Non-Members: \$20

MAKING THE CUT

**It's about getting into the best
SHAPE of your LIFE!**

Join personal trainer Meghan Drew for an intense, one of a kind 10 week program. Designed to maximize your potential so that you get dramatic results at an accelerated pace. Train mentally, nutritionally and physically.

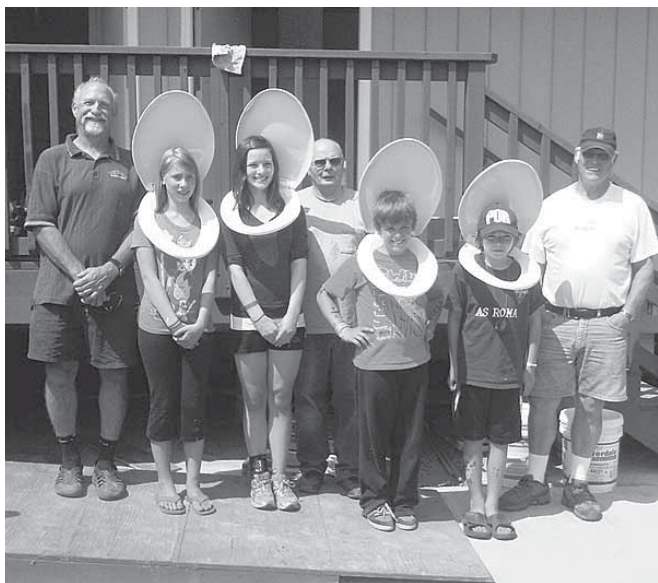
Space is limited to 8.

NORTH SHORE Y

Wednesdays, 9:30 - 10:30 am
Sept 22 - Dec 1 (10 weeks) Course 3337
Members: \$200 Non-Members: \$350

Y CAMP DEKA VOLUNTEERS

Just a few of over 290 Y volunteers



Volunteers Ken Lipinski, Harold Beebe, Bill Philip and Reg Cowles (not pictured) worked long and hard this year to make sure Y Camp Deka kids have a brand new wash house!

"I used to go to camp and was also a counselor. We wanted to make the camp nice so all the kids who go have a comfortable stay."

Ken Lipinski

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

kamloopsy.org

Registered Charity #107556060RR

SPECIALTY PROGRAMS

MARTIAL ARTS

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, 7:00 - 8:15 pm

Sept 13 - Nov 4 (8 weeks) Course 3309

Nov 8 - Dec 16 (6 weeks) 3310

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

AIKIJUJIDO

A simple and effective self-defense method that enables a practitioner to control violent situations by using redirection and joint locking techniques.

DOWNTOWN Y

Course 3277

Mondays, Wednesdays & Thursdays, 8:15 pm

Members: \$20 per month Non-Members: \$30 per month



HEALTHIER LIVING

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

Kamloops United Church (421 St. Paul Street)

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

Included in Y Membership.

Non-Members: \$100 (3 month session)

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

NIA JUST FOR YOU

NEW!

Come and try out the fitness movement class called Nia. It combines dance, some easy martial arts, and relaxation stretching. This class is specially designed for people with physical or cognitive challenges who want to have a whole lot of fun, moving to music while they condition their bodies and brains to improve coordination, balance, strength, flexibility and overall health.

DOWNTOWN Y

Fridays, 3:30 am - 4:30 pm

Sept 17 - Nov 26 (11 weeks) Course 3276

Included in membership. Non-Members: \$22

GIVE BACK

Do something for yourself and your community. Bring a non-perishable item for the food bank and attend this fun pre-Christmas workout.

Saturday, 9:00 - 10:00 am

Dec 18

SANTA'S SUN SALUTATIONS

De-stress from all the preparation and take a breath.

Thursday, 1:00 pm - 2:00 pm

Dec 16

Included in membership.



I will donate to a
charity that benefits
kids in my community

**Did you know that the Kamloops YMCA-YWCA is a charity?
Please consider donating today.
Donate on-line at kamloopsy.org or call 250-372-7725**