

Spring Schedule April 2- June 30th, 2012

≡ North Shore Y Adult Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00			Yoga Carrie				
9:00-10:00	Yoga Pure and Simple 9:00-10:15 Charlie	Group RX Meghan/Jen Power Walking George (9:15)	Pedal Power 9:15-10:15 Tera	Group RX Michelle Power Walking George (9:15)	Zumba Allison	Group RX Brenda, Angie, Jen, Rachelle, Amanda	TRX & Cardio 12:00-1:00 (until May 13 th) Olivia
9:00-10:00	Bootcamp Rachelle (CR)	Power-Up Circuit Tera (CR)		Power-Up Circuit Meghan (CR)	Bootcamp Rachelle (CR)		
10:15-11:15		Stretch for Health Meghan		Stretch for Health Carmen/Tera			
10:30-11:30	PBS Lynn PBS Circuit Barbara (CR)		Zumba Gold Jacqueline Yoga Circuit Carmen (CR)		PBS 10:30-11:45 Michelle PBS Circuit Tera (CR)	Zumba 10:45-11:30 Caitlin	
Noon	Zumba Gold 12:10-1:00 Gwen		Breath & Wellness 11:45-12:15 Carmen	Zumba Gold 11:30-12:15 (starts May 3) Lil	Zumba 12:00-1:00 Dayana		
1:15-2:15		Better Bones Apr 3-June 21 Anita		Better Bones Apr 3-June 21 Barbara			
5:30-6:30	Bootcamp Jarita Bosu Body Sculpt Meg, Michelle, Tera (CR)	Zumba Tera/Dayana	Bootcamp Jarita	Zumba Lisa & Dee			
6:45-7:45		Group RX Angie		Step & Sculpt Fern			

(CR) Class in Circuit Room

Playcare Hours:

Monday to Saturday: 8:30am to 1:00pm

Monday to Thursday: 3:30 to 7:45pm

*We reserve the right to change schedules



**Kamloops
Community
YMCA-YWCA**

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