

Winter Schedule January 3 to June 30, 2012

# ≡ North Shore Y Adult Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45-8:45			Yoga Angie				
9:00-10:00	Yoga Pure and Simple 9:00-10:15 Charlie  Bootcamp Rachelle (CR)	Group RX Megan  Power Walking Jan17-Mar15 George (9:15)	Pedal Power Tera	Group RX Michelle  Power Walking Jan17-Mar15 George (9:15)	Zumba Allison / Tera  Bootcamp Rachelle (CR)	Zumba 10:45-11:30 Caitlin	TRX & Cardio 12:00-1:00 Olivia
9:15-10:15		Power-Up Circuit Tera (CR)		Power-Up Circuit Meghan (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)		
Noon	Zumba 12:15-1:15 Gwen		Breath & Wellness 11:45-12:15 Carmen		Zumba 12:00-1:00 Dayana		
1:15-2:15		Better Bones Jan17-Mar15 Anita		Better Bones Jan17-Mar15 Barbara			
5:30-6:30	Bootcamp Jarita	Zumba or K-Box Tera/Elizabeth	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**