

# Fitness Class Descriptions

## Lower Intensity



**PBS & Stretch:** Posture, balance, strength and stretch. A great class for beginners & seniors. Equipment includes dumbbells, tubing, & balls.

**PBS Gold:** All the benefits of PBS (posture, balance and strength) at a gentler pace with the option of seated exercises for those with limited mobility.

**Tia Chi Breathing:** Smooth and easy to follow movements with deep breathing techniques to calm the mind & body

**Yoga:** Focus on improving balance, strength, & flexibility in a relaxed environment. For new & experienced practitioners.

**Full Body Stretch:** Take some time to relax and give your body a nice long stretch, improve flexibility, release tension.

**Wing Chun Kung Fu:** Martial arts that uses superior position & technique to overcome opponents. No previous experience required.

**Nia:** is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken barefoot to soul-stirring music in more than 45 countries.

## Medium Intensity



**Barre:** Combine balance, agility, & resistance into a challenging, high-energy, music-driven, fun class!

**DanceFit:** Fun, easy to follow dance moves set to high energy international & Top 40 beats. Instructors add their own flare to keep you burning calories & working up a sweat.

**Cyclefit & More:** Cyclefit for half the class with one of the following for the latter half:

**Yoga.Pump.Core**

**Group RX-RIP:** A full body barbell workout for participants of all ages and all fitness levels. Choreographed movement and music with traditional strength training moves, makes for a thrilling class setting.

**Qualified Instructors:**  
Our instructors are certified fitness leaders who receive ongoing continuing education credits.

## High Intensity



**Cyclefit:** Instructor leads riders through a warm-up, drills with hills, speed play & much more, ending with a cool down.

**Step:** For those who love high energy & challenging routines. Not recommended for beginners.

**Full Body Strength & More**

**Conditioning:** combination of strength and cardio for a full body workout. Mixture of different formats to keep things interesting and fun!

**Stretch:** extra long stretch for release tight muscles and improve flexibility.



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