

# Downtown Y Group Fitness schedule Spring 2026

Studio

Effective: Mar.30- June 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 -7:30	6:30-7:10 Bootcamp Monika	Group Rx Trudy	6:30-7:15 Full Body Strength Monika			8:00- 8:50 Cyclefit Hannah	
9:00-9:50	DanceFit Heather	Tabata Heather	Full Body Strength and Conditioning Frances	Step Brenda S	Full Body Strength and Conditioning Frances	9:00-10:00 Group RX Jane	
10:00-10:50	Full Body Stretch Lesly	PBS Posture, Balance, Strength Lesly	Cyclefit and Stretch Kathleen	PBS Posture, Balance, Strength Lesly	Dance 4 Ever Lesly	10:15-11:15 DanceFit Brienne	
11:00-12:00	Group Rx Trudy	Barre Kassie	Group Rx Cathie	Barre Karen	Group Rx Brenda S	11:45-12:45 Yoga Deb C	
12:10-12:50	Full Body Strength & Conditioning Kassie	Cyclefit Kassie	Full Body Strength & Conditioning Kassie	Core Fusion Robyn	HIIT Robyn		
1:00-1:50	PBS Posture, Balance, Strength Lesly	1:30-2:45 Mind, Breath, Body Yoga Carla	1:15-2:30 Specialty Programming	1:00-2:00pm Line Dancing Karen			
5:00-6:00	Group Rx Jane	4:45-6:00pm Step Ashley C/Brenda S	Group Rx Brenda M/Lisa	Cyclefit & Yoga Lisa	4:45-6:00PM Group RX Brenda M/Lisa		
6:15-7:15pm	DanceFit Brienne	Zumba Nikki/Dawn	6:30-7:15pm Full Body Strength & Conditioning Ashley K	Dancefit Jane/Brienne			
7:30-8:30pm		Specialty Programming		Specialty Programming			

## Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	9:15-10:15 am Specialty Programming		9-10am Yoga John	9:15-10:15 am Specialty Programming	9-10am Flow Yoga Nancy		
	10:30-11:20 PBS Gold Cathie		10:30-11:20 PBS Gold Robyn		10:30-11:20am PBS Gold Joy	11:00-12:00 Wing Chun kung Fu Tiffany/Paul	
	11:30-12:20 Strength and Balance Gold Robyn	11:30-12:30 Mobility and Coordination Gold Dillon	11:30-12:20 <b>*NEW</b> Mobility and Stretch Heather	12:00-12:45 <b>*NEW</b> Stretch and Relax Nikki	11:30-12:20 Strength and Balance Gold Joy		
PM		Specialty Programming 5:00-6:30pm	7:00-8:00 Wing Chun kung Fu Tiffany/Paul	Specialty Programming 5:30-7:30pm	Specialty Programming (dates vary) <b>**See schedule posted outside door for exact times and dates</b>		

Schedule subject to change. For the latest schedule, please check our website: [kamloopsy.ca](http://kamloopsy.ca)

No Fitness Classes on STAT holidays

**Downtown Y Hours:**  
**Mon-Fri:** 5:30am-9:00pm  
**Sat & Sun** 7:00am-7:00pm  
**Stat Holidays:** 7:00am-7:00pm

**Downtown Playcare**  
**Monday-Friday**  
**8:50-1:00pm**  
**Mon/Wed 4:50-7:30pm**  
**Saturday 9:50-12pm**



**YMCA  
BC**

**Downtown Y**  
 400 Battle Street,  
 Kamloops  
 250-372-7725  
[Kamloopsy.ca](http://Kamloopsy.ca)