

# Downtown Y Group Fitness schedule

## STUDIO

Effective: Nov 29– Dec 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30		Group Rx Trudy	6:30-7:15 Full Body Strength Monika		6:30-7:20 Early Morning Bootcamp Jo		
9:00-9:50	DanceFit Heather	Tabata Heather <b>NEW</b>	HIGH FITNESS™ Frances	Step Brenda S	HIGH FITNESS™ Frances	9:00-10:00 Group RX Jane	
10:00-10:50	Full Body Stretch Heather	<b>PBS</b> Posture, Balance, Strength Kassie	Cyclefit and Stretch Kathleen	<b>PBS</b> Posture, Balance, Strength Kassie	10:00-10:45 Full Body Stretch Marie	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 Ashley	Full Body Strength & Conditioning Kassie	Cardio Core Ashley	HIIT the Step Robyn		
5:00-6:00	Group Rx Jane	4:45-6:00pm Step Brenda S	Group Rx Brenda M	Cyclefit & Yoga Lisa	4:45-5:45 Group RX Brenda M		
6:30-7:30pm	DanceFit Brienne	6:30-7:15pm Full Body Strength and Conditioning Dave <b>NEW</b>	Dancefit Jane	DanceFit Brienne			

## MULTIPURPOSE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		9:00-10:00 Flow Yoga Nancy Starts Dec 5th Dec POP Up class	9-10am Yoga Jon		9:00-10:00 Flow Yoga Nancy		
	10:45-11:45 PBS Gold Cathie		10:45-11:45 PBS Gold Ashley		10:45-11:45am PBS Gold Joy	11:00-12:00 Wing Chun kung Fu Tiffany/Paul	
PM			7:00-8:00 Wing Chun kung Fu Tiffany/Paul				

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

No Fitness Classes on Sundays & holiday weekends.

*Building healthy communities*



**Downtown Y Hours:**  
Mon-Fri: 5:30am-9:00pm  
Sat & Sun 8:00am-3:00pm  
Stat Holidays: Closed

**Downtown Playcare**  
Monday-Friday  
8:50-1:00pm  
Mon/Wed 5-7pm  
Saturday 9-11am



**YMCA  
BC**

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

2023 Fall Fitness Schedule