

Downtown Y Group Fitness schedule Fall 2024

Studio

Effective: Sept 3rd– Dec 20th

	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				
9:00-9:50	DanceFit Heather	Tabata Heather	HIGH FITNESS™ Frances	Step Brenda S	HIGH FITNESS™ Frances	9:00-10:00am 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	Core Fusion Robyn New	Group Rx Cathie	Barre Karen	Group Rx Brenda S	11:45-12:45 Yoga Deb C	
12:10-12:50	Full Body Strength & Conditioning Robyn	Cyclefit Ashley	Full Body Strength & Conditioning Ashley	Cardio Core Ashley	HIIT the Step Robyn		
1:00-4:50	1:00-2:00pm Dancersize fusion Jan						
5:00-6:00	Group Rx Jane	4:45-6:00pm Step Brenda S	Group Rx Brenda M	Cyclefit & Yoga Lisa	4:45-6:00pm Group RX Brenda M		
6:15-7:00pm	DanceFit Brienne		DanceFit Jane	FullBody Strength and Conditioning Dave			
7:10-8:00pm							

Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		9-10 am Flow Yoga Nancy	9-9:45am Yoga Lesly		9-10 am Flow Yoga Nancy		
	10:45-11:45 PBS Gold Cathie		10:45-11:45 PBS Gold Robyn		10:45-11:45am PBS Gold Joy	11:00-12:00 Wing Chun kung Fu Tiffany/Paul	
			4:45-5:30pm Strength and Stretch Amber				
PM		5-6pm Yoga leashia	7:00-8:00 Wing Chun kung Fu Tiffany/Paul				

Schedule subject to change. For the latest schedule, please check our website: kamloopsy.ca

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 5-7pm
Saturday 9-11am



**YMCA
BC**

Downtown Y
 400 Battle
 Street,
 Kamloops
 250-372-7725
Kamloopsy.ca