

# Downtown Y Group Fitness schedule

## STUDIO

Effective: Sept 22th– Dec 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30		6:30-7:30 Group RX Trudy	6:30-7:15 Full Body Strength Monika	6:45-7:30 Full Body Strength Amber			
9:00-9:50	DanceFit Lesly	DanceFit Kelly	HIGH FITNESS™ <b>NEW</b> Frances	Step Brenda S	Barre Karen	Group Rx Jane <b>Starts Oct 1st</b>	
10:00-10:50	Full Body Stretch Lesly	PBS & Stretch Lesly ★	Cyclefit & Pump Kathleen	PBS & Stretch Lesly ★	10:00-10:30 Full Body Stretch Karen <b>NEW TIME</b>		
11:00-12:00	Group RX Trudy	Barre Kassie <b>NEW</b>	Group Rx Jane		Group Rx Brenda S	11:30-12:30 Yoga Deb C	
12:10-12:50	Full Body Strength & Conditioning Kassie	Cyclefit Ashley	Full Body Strength & Conditioning Ashley	Cyclefit Sharon/ Hannah	Full Body Strength & Conditioning Ashley		
5:00-6:00	Group Rx Cathie	4:45-5:45pm Step Brenda S	Group Rx Brenda M	Cyclefit & Yoga Lisa/Dee	4:45-5:45 Group RX Brenda M		
6:30-7:30pm	DanceFit Brienne	6:45-7:45 DanceFit Jane <b>Starts Oct 4th</b>		DanceFit Brienne			

## MULTIPURPOSE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00-10:00 Yoga Marie		9-10am Yoga John		9:00-10:00 Flow Yoga Nancy		
	10:45-11:45 <b>PBS Gold</b> Cathie	12:10-12:50 Yin Yoga Tracy <b>NEW</b>	10:45-11:45 PBS Gold Cathie	12:10-12:50 Yin Yoga Tracy		11:00-12:00 Wing Chug Gung Fu Tiffany/Paul	
			4:15-5:00PM Wing Chun Gung Fu For kids Tiffany				
PM			7:00-8:00 Wing Chun Gung 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.**

★ -Live streaming class, zoom link and password required



*Building healthy communities*



Kamloops  
Community  
YMCA-YWCA

**Downtown Y Hours:**  
Mon-Fri: 5:30am-8:30pm  
Saturday 8:00am-3:00pm  
Sunday 10:00-2:00pm  
Stat Holidays: Closed

**Downtown Playcare**  
Monday-Friday  
8:50-1:00pm

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

2022 Fall Fitness Schedule