

Downtown Y Group Fitness schedule SUMMER 2024

Studio

Effective: July 2nd– Aug 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 -7:30			6:30-7:15 Full Body Strength Monika				
9:00-9:50	DanceFit Heather	Tabata Heather	HIGH FITNESS™ Frances No class July 17	Step Brenda S	HIGH FITNESS™ Frances No class July 19		
10:00-10:50	Full Body Stretch Lesly	PBS Posture, Balance, Strength Lesly	Dance 4 Ever Lesly	PBS Posture, Balance, Strength Lesly	10:00-10:45 Full Body Stretch Lesly		
11:00-12:00	Group Rx	Barre Kassie	Group Rx Cathie	Barre Karen	Group Rx Brenda S		
12:10-12:50	Full Body Strength & Conditioning Kassie	Cyclefit Ashley	Full Body Strength & Conditioning Kassie	Cardio Core Ashley	HIIT the Step Robyn		
1:00-4:50	1:00-2:00pm Beginner Line Dancing Jan						
5:00-6:00	Group Rx Jane	4:45-6:00pm Step Brenda S	Group Rx Brenda M	Cyclefit & Yoga Lisa			
6:30-7:30pm							

Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		9-10am Flow Yoga Nancy	9-945am Yoga Lesly	9-10am FullBody Stretch Marie	9-10am 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	
PM		5-6pm Yoga leashia	7:00-8:00 Wing Chun kung Fu Tiffany/Paul			1:00-2:00pm Tai Chi/ Linedancing Combo Jan	

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

Building healthy communities

