

Downtown Y Group Fitness schedule

STUDIO

Effective: Jan 13th– March 12th 2021

2021 Winter Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-7:30	Full Body Strength Monika			6:45-7:20 Full Body Strength & Stretch Amber A		
9:00-10:00	Yoga Marie	Barre Kassie	Yoga John		Barre Karen	Group Rx Jane Starts Jan 23rd
VC 9-10	Cardio Dance Lesly VC	Yoga Stretch Deb VC	Cardio Dance Lesly VC	Yoga Deb VC		
10:30-11:30		PBS & Stretch Lesly ★	Group Rx Jane	PBS & Stretch Lesly ★	Group RX Brenda	Wing Chun Kung Fu Tiffany/Paul
12:10-12:50	Full Body Strength Kassie ★	Core Conditioning Ashley ★	Pilates Flow Amber ★	Barre Kassie ★	Full Body Strength Ashley ★	12:45-1:45pm Yoga Deb C NEW TIME
1:30-2:30						
5:00-6:00	Group Rx Brenda/Cathie	Full Body Strength Brienne	Group Rx Cathie	Yoga Dee/Lisa		
7:00-8:00			Yoga NEW Val Starts Jan 20th			
VC 6:30-7:30		Cardio Dance Jane VC		Cardio Dance Brienne VC		

MULTIPURPOSE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45-11:45	PBS Gold Cathie		PBS Gold Cathie			

In person/live streaming classes require pre-registration online or at the front desk, opens 2 days prior to class.

★ Indicates live steaming classes, registration and zoom link/password required

VC indicates Virtual Class, zoom link and password required, NO pre-registration

Contact member services for login information.

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

No Fitness Classes on Sundays & holiday weekends.

Downtown Y Hours:
Mon-Fri: 6:00-8:00pm
Sat: 8:00-3:00pm
Sun: Closed
Stat Holidays: Closed

Downtown Playcare
Monday-Friday
8:50-1:00pm
 Pre-registration required

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

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Building healthy communities



**Kamloops
Community
YMCA-YWCA**