

Downtown Y Group Fitness schedule Spring Break 2025

Studio

Effective: March 15th – 30th

	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 No class Mar 18	HIGH FITNESS TM Frances	Step Brenda S	HIGH FITNESS TM Frances	9:00-10:00 Group RX Jane No class Mar 22nd	
10:00-10:50	Full Body Stretch Heather	PBS Posture, Balance, Strength Alyssa/John		PBS Posture, Balance, Strength Alyssa/John	Mobility and Stretch Heather	10:15-11:15 DanceFit Brienne	
11:00-12:00	Group Rx Trudy		Group Rx Cathie		Group Rx Brenda S	11:45-12:45 Yoga Deb C No class Mar 22	
12:10-12:50	Full Body Strength & Conditioning Kassie No class Mar 24	Cyclefit Hannah	Full Body Strength & Conditioning Kassie No class Mar 26	Cardio Core Alyssa No class Mar 27	HIIT the Step Robyn/Kassie		
5:00-6:00	Group Rx Jane No class Mar 17th	4:45-6:00pm Step Brenda S	Group Rx Brenda M	Cyclefit & Yoga Lisa	4:45-6:00PM Group RX Brenda M		
6:15-7:15pm	DanceFit Brienne		DanceFit Jane No class Mar 19	Dancefit Brienne			

Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		9-10am Flow Yoga Nancy	9-10am Yoga John		9-10am Flow Yoga Nancy		
	10:30-11:20 PBS Gold Cathie		10:30-11:20 PBS Gold Arlene		10:30-11:20am PBS Gold Joy/Robyn	11:00-12:00 Wing Chun kung Fu Tiffany/Paul	
	11:30-12:20 Strength and Balance Gold Cathie				11:30-12:20 Strength and Balance Gold Joy No class Mar 28		
PM	1:00-1:30pm Baby and Me Alyssa No class Mar 24		7:00-8:00 Wing Chun kung Fu Tiffany/Paul No class Mar 19th				

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

No Fitness Classes on holiday weekends

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