

Downtown Y Group Fitness schedule

STUDIO

Effective: April 3rd– June 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30		6:30-7:30 Group RX Trudy No Class April 11th May 23rd	6:30-7:15 Full Body Strength Monika	6:45-7:30 Full Body Strength Amber	6:30-7:20 Early Morning Boot Camp Jo		
9:00-9:50	DanceFit Heather	DanceFit Kelly	HIGH FITNESS™ Frances	Step Brenda S	Barre Karen	Group Rx Jane Last Class May 27th	
10:00-10:50	Full Body Stretch Heather	PBS Posture, Balance, Strength Ashley	Cyclefit & Stretch Kathleen	PBS Posture, Balance, Strength Kassie	10:00-10:30 Full Body Stretch Karen	10:15-11:15 Dancefit Brienne	
11:00-12:00	Group RX Trudy	Barre Kassie	Group Rx Cathie/Jane	High Fitness Frances	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	HIIT the Step Robyn		
5:00-6:00	Group Rx Jane/Cathie	4:45-6:00pm 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 Last class April 25th		DanceFit Brienne			

MULTIPURPOSE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			9-10am Yoga John		9:00-10:00 Flow Yoga Nancy		
	10:45-11:45 PBS Gold Cathie	12:10-12:50 Yin Yoga Tracy	10:45-11:45 PBS Gold Ashley	12:10-12:50 Yin Yoga Tracy	10:45-11:45am PBS Gold Joy	11:00-12:00 Wing Chun kung Fu Tiffany/Paul	
PM			7:00-8:00 Wing Chun kung Fu Tiffany/Paul				

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

No Fitness Classes on Sundays & holiday weekends.



Building healthy communities



Downtown Y Hours:
Mon-Fri: 5:30am-9:00pm
Sat & Sun 8:00am-3:00pm
Stat Holidays: Closed

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

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

2023 Spring Fitness Schedule