

Downtown Y Group Fitness schedule

STUDIO

Effective: May 3rd– June 28

2024 Spring Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30		Group Rx Trudy	6:30-7:15 Full Body Strength Monika				
9:00-9:50	DanceFit Heather	Tabata Heather	HIGH FITNESS™ Frances	Step Brenda S	HIGH FITNESS™ Frances	9:00-10:00 Group RX Jane Last class May 11th	
10:00-10:50	Full Body Stretch Lesly	PBS Posture, Balance, Strength Lesly	Cyclefit and Stretch Kathleen	PBS Posture, Balance, Strength Lesly	10:00-10:45 Full Body Stretch Lesly		10:30-11:30 Flow Yoga Nancy
11:00-12:00	Group RX Trudy	Barre Kassie	Group Rx Cathie	Barre Karen	Group Rx Brenda S	11:45-12:45 Yoga Deb C	
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			4:00-4:50pm Barre Sculpt Amber				
5:00-6:00	Group Rx Jane	4:45-6:00pm Step Brenda S	Group Rx Brenda M	Cyclefit & Yoga Lisa	4:45-5:45 Group RX Brenda M		
6:30-7:30pm	Dancefit Brienne	6:30-7:15pm Full Body Strength and Conditioning Dave	Dancefit Jane	Dancefit Brienne Starts May 16th			

MULTIPURPOSE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		9-10am Yoga Deb T Last class May 28th	9-10am Yoga John		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	
	5-6pm Yoga leashia		7:00-8:00 Wing Chun kung Fu Tiffany/Paul			1:00-2:00pm Tia Chi Breathing and Stretch Jan	

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

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

