

Downtown Y Group Fitness schedule

STUDIO

Effective: March 18th– April 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30		6:30-7:30 Group RX Trudy	6:30-7:15 Full Body Strength Monika	6:45-7:30 Full Body Strength Amber	Early Morning Boot Camp Jo		
9:00-9:50	DanceFit Heather No Class March 27th	DanceFit Kelly	HIGH FITNESS™ Frances	Step Brenda S	Barre Karen	9:00-10:00 Group Rx Jane	
10:00-10:50	Full Body Stretch Heather No Class March 27th	PBS Posture, Balance, Strength Ashley		PBS Posture, Balance, Strength Kassie	10:00-10:30 Full Body Stretch Karen	10:15-11:15am DanceFit Brienne NEW! Starts March 25	
11:00-12:00	Group RX Trudy		Group Rx Cathie/Jane	High Fitness Frances	Group Rx Brenda S	11:30-12:30 Yoga Deb C No Class Mar 25th April 1st	
12:10-12:50	Full Body Strength & Conditioning Kassie	Cyclefit Ashley	Full Body Strength & Conditioning Ashley	Cyclefit Hannah	Full Body Strength and Conditioning Kassie/Joy		
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		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/Ashley	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



YMCA
BC

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 Break Fitness Schedule