

Downtown Y Group Fitness schedule Spring 2026

Studio

Effective: Apr 16- June 27

	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			8:00- 8:50 Cyclefit Hannah	
9:00-9:50	DanceFit Heather	Tabata Heather	Full Body Strength and Conditioning Frances	Step Brenda S	Full Body Strength and Conditioning Frances	9:00-10:00 Group RX Jane	
10:00-10:50	Full Body Stretch Lesly	PBS Posture, Balance, Strength Lesly	Cyclefit and Stretch Kathleen	PBS Posture, Balance, Strength Lesly	Dance 4 Ever Lesly	10:15-11:15 DanceFit Brienne	
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 Kassie	Full Body Strength & Conditioning Kassie	Core Fusion Robyn	HIIT Robyn		
1:00-1:50	PBS Posture, Balance, Strength Lesly	1:15-2:30 Soul Soothing Yoga Carla	1:15-2:30 Specialty Programming	1:00-2:00pm Line Dancing Karen			
5:00-6:00	Group Rx Jane	4:45-6:00pm Step Ashley C/Brenda S	Group Rx Brenda M/Lisa	Cyclefit & Yoga Lisa	4:45-6:00PM Group RX Brenda M/Lisa		
6:15-7:15pm	DanceFit Brienne	Zumba Nikki/Dawn	6:30-7:15pm Full Body Strength & Conditioning Ashley K	Dancefit Jane/Brienne			
7:30-8:30pm		Specialty Programming		Specialty Programming			

Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	9:15-10:15 am Specialty Programming		9-10am Yoga John	9:15-10:15 am Specialty Programming	9-10am Flow Yoga Nancy		
	10:30-11:20 PBS Gold Cathie		10:30-11:20 PBS Gold Robyn		10:30-11:20am PBS Gold Joy	11:00-12:00 Wing Chun kung Fu Tiffany/Paul	
	11:30-12:20 Strength and Balance Gold Robyn	11:30-12:30 Mobility and Coordination Gold Dillon	11:30-12:20 *NEW Mobility and Stretch Heather	12:00-12:45 *NEW Stretch and Relax Nikki	11:30-12:20 Strength and Balance Gold Joy		
PM		Specialty Programming 5:00-6:30pm	7:00-8:00 Wing Chun kung Fu Tiffany/Paul	Specialty Programming 5:30-7:30pm	Specialty Programming (dates vary) **See schedule posted outside door for exact times and dates		

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

No Fitness Classes on STAT holidays

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 4:50-7:30pm
Saturday 9:50-12pm



**YMCA
BC**

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

Fitness Class Descriptions

Lower Intensity

PBS Gold: All the benefits of PBS (posture, balance and strength) at a gentler pace with the option of seated exercises for those with limited mobility.

Yoga: Focus on improving balance, strength, & flexibility in a relaxed environment. For new & experienced participants.

Dance 4Ever: Dance for all ages and stages, low impact fun choreography!

Mobility and Coordination Gold: Beginner friendly, fullbody exercises to improve and maintain movement. Half seated, Half standing with chair assistance

Full Body Stretch: Take some time to relax and give your body a nice long stretch, improve flexibility, release tension.

Strength and Balance Gold: Improve strength, stamina and balance with low impact movements. Equipment includes dumbbells and chairs. *Majority of the class is performed standing.

Line Dancing: Easy to follow, low impact, no experience necessary. Low grip, easy slide shoes are suggested. All Levels welcome!

Wing Chun Kung Fu: Martial arts that uses superior position & technique to overcome opponents. No previous experience required.

Stretch and Relax: A slow and gentle, full body stretch workout that focuses on increasing mobility, flexibility and relieving chronic aches, pains and joint stiffness. All levels welcome

Soul Soothing Yoga: A gentle yin yoga class designed to calm the mind and deeply relax the body through slow, meditative stretches and mindful breathing. For everyBODY!

Medium Intensity

Tabata: HIIT workout that consists of short bursts of intense exercises followed by brief periods of rest.

Mobility and Stretch: Improve flexibility and range of motion. All levels welcome

DanceFit: Fun dance moves set to high energy hits. Instructors add their own flare to keep you burning calories & working up a sweat.

Barre: Combine balance, agility, & resistance into a challenging, music-driven, fun class!

Group RX-RIP: A full body barbell workout for participants of all ages and all fitness levels. Choreographed movement and music with traditional strength training moves.

Bootcamp: Strengthen your whole body with the use of body weight and light dumbbells.

PBS: Posture, balance, strength and stretch. A great class for beginners & seniors. Equipment includes dumbbells, tubing, & balls.

Zumba: A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! All levels welcome

Core Fusion: Build Strength, stability and endurance in the muscles that support your core, improve balance and become better at everything you do.

Cyclefit & Stretch: Cycle for 1/2 the class and finish with a full body stretch to improve mobility and flexibility.

Cyclefit & Yoga: Cycle for 1/2 the class and finish with Yoga to focus on improving balance, strength & flexibility in a relaxed environment.

High Intensity

Cyclefit: Class builds endurance, provides cardiovascular training, burns calories, shapes and tones the lower body.

Step: High energy exercise class with easy to follow routines, for all levels of steppers.

Full Body Strength & Conditioning: Combination of strength and cardio for a full body workout. Mixture of different formats to keep things interesting.

HIIT: Full body cardio and strength, using bodyweight, dumbbells' and a step bench. This class will get your heart rate up and increase cardio fitness.

Shine On 