

Downtown Y Group Fitness schedule Spring 2026

Studio

Effective: June 1- June 28

	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 Carla	
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	1:15-2:15 Soul Soothing Yoga Carla	1:15-2:15 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	Cyclefit & Yoga Lisa	4:45-6:00PM Group RX Brenda M		
6:15-7:15pm	DanceFit Brienne		6:30-7:15pm Full Body Strength & Conditioning Ashley K	Dancefit Jane/Brienne			

Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			9-10am Yoga Marie		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 Robyn	11:30-12:30 Mobility and Coordination Gold Dillon	11:30-12:20 Mobility and Stretch Heather	11:30-12:30 Stretch and Relax Lesly	11:30-12:20 Stregnth and Balance Joy		
PM	Specialty Programming 5:00-6:30		7:00-8:00 Wing Chun kung Fu Tiffany/Paul	Specialty Programming 5:30-7:30pm			

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

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



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