

Downtown Y Group Fitness schedule Summer 2026

Studio

Effective: Jun 28-Aug 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 -7:30	6:30-7:10 Bootcamp Monika	Group Rx Trudy No Classes in July	6:30-7:15 Full Body Strength Monika			8:00- 8:50 Cyclefit Hannah	
9:00-9:50	Cardio Fusion *NEW Heather	Tabata Heather	Full Body Strength and Conditioning Kassie Starts July 8	Step Brenda S	Full Body Strength and Conditioning Kassie Starts July 10	9:00-10:00 Group RX Carla Starts July 4	
10:00-10:50	Full Body Stretch Lesly	PBS Posture, Balance, Strength Lesly	Yoga Alyssa Starts July 15	PBS Posture, Balance, Strength Lesly	Dance 4 Ever Lesly	10:30-11:30 Yoga Carla Starts July 4	
11:00-12:00	Group Rx Trudy	Barre Kassie	Group Rx Cathie	Barre Karen	Group Rx Brenda S		
12:10-12:50	Full Body Strength & Conditioning Kassie No Class July 6	Cyclefit Kassie	Full Body Strength & Conditioning Kassie Starts July 8	Core Fusion Heather	HIIT Amber Starts July 10		
1:00-1:50	PBS Posture, Balance, Strength Lesly	1:15-2:15 Soul Soothing Yoga Carla		1:00-2:00pm Line Dancing Karen			
5:00-6:00	Group Rx Lisa/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	*NEW Cyclefit Brandon	6:15-7:00pm Full Body Strength & Conditioning Ashley K	Dancefit Brienne			

Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM					9-10am Flow Yoga Nancy		
10:30-11:20	PBS Gold Cathie		PBS Gold Lesly		PBS Gold Joy No classes July 8 & Aug 28	11:00-12:00 Wing Chun kung Fu Tiffany/Paul	
11:30- 12:20	Strength and Balance Gold Cathie	11:30-12:30 Mobility and Coordination Gold Dillon		12:00-12:45 Stretch and Relax Lesly	Strength and Balance Gold Joy No classes July 8 & Aug 28		
				1:00-1:50pm Mobility and Stretch Heather			
PM	6:30-7:30pm *NEW Stretch and Relax Nikki	Specialty Programming 5:00-6:30pm July Only	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: ymcabc.ca

No Fitness Classes on STAT holidays

Downtown
Y Hours:
Mon-Fri:
5:30am-9:00pm
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO						
6:30-7:10am Bootcamp Monika	6:30-7:30am Group RX Trudy	6:30-7:15am Full Body Strength Monika			8:00-8:50am CycleFit Hannah	
9:00-9:50am Dancefit Heather	9:00-9:50am Tabata Heather	9:00-9:50am Strength & Conditioning Francis	9:00-9:50am Step Brenda S	9:00-9:50am Strength & Conditioning Francis	9:00-10:00am Group RX Jane	
10:00-10:50am Full Body Stretch Lesly	10:00-10:50am PBS Posture, Balance, Strength Lesly	10:00-10:50 CycleFit & Stretch Kathleen	10:00-10:50am PBS Posture, Balance, Strength Lesly	10:00-10:50am Dance 4 Ever Lesly	10:15-11:15am DanceFit Brianne	
11:00am-12:00pm Group RX Trudy	11:00am-12:00pm Barre Kassie	11:00am-12:00pm Group RX Cathie	11:00am-12:00pm Barre Karen	11:00am-12:00pm Group RX Brenda S	11:45-12:45pm Yoga Deb C	
12:10-12:50pm Strength & Conditioning Kassie	12:10-12:50pm CycleFit Kassie	12:10-12:50pm Strength & Conditioning Kassie	12:10-12:50pm Core Fusion Alyssa	12:10-12:50pm HIIT Amber		
1:00-1:50pm PBS Posture, Balance, Stretch Lesly	1:15-2:15pm Soul Soothing Yoga Carla		1:00-2:00pm Line Dancing Karen S			
5:00-6:00pm Group RX Lisa/Jane	4:45-6:00pm Step Ashley C/Brenda S	5:00-6:00pm Group RX Brenda M/Lisa	5:00-6:00pm CycleFit & Yoga Lisa	4:45-6:00pm Group RX Brenda M/Lisa		
6:10-7:00pm DanceFit Brianne	6:10-7:00pm Zumba Dawn <i>Starts Sept. 8</i>	6:15-7:00pm Strength & Conditioning Ashley	6:10-7:00pm DanceFit Brianne			
7:10-8:00pm Yoga Alyssa	7:30-8:30PM Moving Through Menopause**	7:10-8:00pm Barre Alyssa	7:30-8:30PM Moving Through Menopause**			
MULTI PURPOSE ROOM						
9:15-10:15am Better Hips & Knees**		9:00-10:00am Yoga John	9:15-10:15am Better Hips & Knees**	9:00-10:00am Flow Yoga Nancy		
10:30-11:20am PBS Gold Cathie		10:30-11:20am PBS Gold Lesly		10:30-11:20am PBS Gold Joy		
11:30-12:20pm Strength & Balance Gold Alyssa	11:30-12:30pm Mobility & Coordination Dillon	11:30-12:20pm Strength & Balance Gold Alyssa	12:00-1:00pm Stretch & Relax Lesly	11:30-12:20pm Strength & Balance Gold Joy	11:00-12:00pm Wing Chun Kung Fu Tiffany/Paul	
			1:15-2:15 pm Power Yoga Carla			
	5:00-6:30pm Specialty programming	7:00-8:00pm Wing Chun Kung Fu Tiffany/Paul	5:30-7:30pm Specialty Programming	Specialty Programming		

CLASS DESCRIPTIONS

LOWER INTENSITY		
PBS Gold All the benefits of PBS (posture, balance, strength) at the gentler pace with the option of seated exercises for those with limited mobility.	Full Body Stretch Take some time to relax and give your body a nice long stretch, improve flexibility, and release tension.	Wing Chun Kung Fu Martial arts that use superior position & technique to overcome opponents. No previous experience required.
Yoga Focus on improving balance, strength, and flexibility in a relaxed environment. For new & experienced participants.	Strength & Balance Gold Improve strength, stamina, and balance with low impact movements. Equipment included dumbbells and chairs. *Majority of the class is performed standing.	Stretch & 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.
Dance 4Ever Dance for all ages and stages, low impact fun choreography.		
Mobility & Coordination Gold Beginner friendly, full body exercise to improve and maintain movement. Half seated, half standing with chair assistance.	Line Dancing Easy to follow, low impact, no experience necessary. Low grip, easy slide shoes are suggested. 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.	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.	Core Fusion Build strength, stability and endurance in the muscles that support your core, improve balance and become better at everything you do.
Mobility & Stretch Improve flexibility and range of motion. All levels welcome.	Bootcamp Strengthen your whole body with the use of body weight and light dumbbells.	CycleFit & Stretch Cycle for half the class and finish with a full body stretch to improve mobility and flexibility.
Barre Combine balance, agility, & resistance into a challenging, music driven, fun class!	Zumba A mix of low-intensity and high intensity moves for an interval-style, calorie burning dance fitness party! All levels welcome.	
DanceFit Fun dance moves set to high energy hits. Instructors add their own flare to keep you burning calories & and working up a sweat.	PBS Posture, balance, strength and stretch. A great class for beginners & seniors. Equipment includes dumbbells, tubing, and balls.	CycleFit & Yoga Cycle for half the class and finish with yoga to focus on improving balance, strength, & flexibility in a relaxed environment.
Power Yoga a vigorous, fitness-focused style of yoga that emphasizes strength, endurance, and dynamic flow between poses.		

HIGH INTENSITY		
CycleFit Class builds endurance, provides cardiovascular training, burns calories, shapes and tones lower body.	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 fitness.
Step High energy exercise class with easy to follow routines, for all levels of steppers.		

Specialty Programs *

Better Hips & Knees*: An exercise class for people wanting to improve their strength and function either before or after hip/knee joint replacement surgery. It is recommended individuals be at least 6 weeks post-op and have a doctor's consent to participate in exercise. Pre registered ONLY. **September 14-November 16**

Moving Through Menopause*: a 6-week strength training program designed specifically to support women navigating the physical and mental changes of perimenopause and menopause. It combines expert-led workouts with vital, evidence-based health information to empower women with the knowledge and skills to improve their health outcomes. **Sept. 22-Nov.3**

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

Play care hours:

Mon-Fri 8:50-1:00pm Mon + Wed 4:50-7:30pm Saturday 9:50- 12:00pm

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