

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 Frances	9:00-9:50am Step Brenda S	9:00-9:50am Strength & Conditioning*Circuit Frances	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-11:50am 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 Strength & Conditioning Alyssa		
1:00-1:50pm PBS Posture, Balance, Strength Lesly	1:15-2:15pm Soul Soothing Yoga <i>Starts Oct. 13</i>		1:00-2:00pm Line Dancing Karen S			
5:00-6:00pm Group RX Jane	4:45-6:00pm Step Ashley C/Brenda S	5:00-6:00pm Group RX Brenda M	5:00-6:00pm CycleFit & Yoga Lisa	4:45-6:00pm Group RX Brenda M		
6:10-7:00pm DanceFit Brianne	6:10-7:00pm Zumba Dawn	6:15-7:00pm Strength & Conditioning Ashley	6:10-7:10pm 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		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	
		5:30-6:30pm Yoga for Skiers <i>Starts Oct. 14</i>	1:15-2:15 pm Power Yoga <i>Starts October 15</i>			
	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.	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!
Mobility & Coordination Gold Beginner friendly, full body exercise to improve and maintain movement. Half seated, half standing with chair assistance.		

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, Pilates-infused yoga class designed to build strength, endurance, and flexibility through dynamic flows, mindful breath, and intentional movement. A fun, challenging full-body workout that will leave you feeling strong, energized, and refreshed!		

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.	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. **November 2-December 10**

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. 28-Nov.10**

Yoga for Skiers *: Compliment your ski season with poses designed to increase strength, improve balance & flexibility while enhancing recover. A six-week Yoga Course designed to enhance your mind body and spirit in preparation for your ski season. **Oct. 14-Nov. 25**

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 9:50-12:00

250-372-7725--

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