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City of Kamloops Westsyde Community Fitness

Spring 2019

[Aquafit](#)

Aquafit is a great way to engage in non-impact, full-body exercise that will challenge your strength and endurance. Join this fun, dynamic, and social class.

[Beginner Yoga](#)

By practising simple yoga postures, breathing exercises, and easy movements in a relaxed atmosphere, you will build strength and flexibility and improve your posture. Learn a complete range of basic poses in this non-intimidating environment. Modifications will be provided to help you get the most out of each class no matter your fitness level. No experience is necessary.

[Low Intensity Circuit](#)

This introductory, circuit-style class is designed for you to work at your own fitness level. You will be introduced to a variety of cardio, strength, and flexibility exercises that will help you stay strong in your daily activities!

[Total Body Blast](#)

Get a great full-body workout in this dynamic and fun class! You can expect to get stronger and improve your fitness using interval-style training with dumbbells, balls, BOSU®, and body weight exercises.

[POUND®](#)

Sweat. Sculpt. & ROCK in this cardio jam session inspired by drumming. You won't just listen to music-you'll become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

[ZUMBA® Gold](#)

ZUMBA® Gold targets the largest growing segment of the population - baby boomers. It modifies the moves and pacing of the ZUMBA® formula to suit the needs of the active aging participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all of the elements ZUMBA® is known for - zesty Latin music like salsa, merengue, cumbia, and reggaeton; exhilarating and easy to follow moves, and the party-like atmosphere!

[ZUMBA® Gold Toning](#)

Are you looking to take your ZUMBA® class to the next level? The ZUMBA® Gold Toning class combines the excitement and exhilaration of a traditional ZUMBA® class with strength training. Join the movement and build muscle strength, mobility, posture, and coordination. Specifically adapted for the active older adult or beginner exerciser, this class combines all of the benefits of a fitness class with the fun atmosphere of ZUMBA®!

Register today by calling 250-828-3500 or go
online to www.kamloops.ca/recreation