

# City of Kamloops Community Fitness

## Fall 2019

**September 16-December 6, 2019**

**Get fit close to home! Try out classes in your community.**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Morning	Zumba® Gold ● 11:00 am-12:00 pm Cathy Bliault Yacht Club		Low Intensity ● Circuit 10:30 am-11:30 pm Cathy Bliault Yacht Club		
Afternoon	Gentle Chair Yoga ● 1:30-2:30 pm Warren Lewis Hal Rogers		Gentle Chair Yoga ● 1:30-2:30 pm Warren Lewis Hal Rogers	Zumba® Gold ● 2:30-3:30 pm Cathy Bliault Yacht Club	Gentle Chair Yoga ● 1:30-2:30 pm Warren Lewis West Highlands Community Centre
			Zumba® Gold Toning ● 1:15-2:15 pm Cathy Bliault Yacht Club		
Evening	Beginner Yoga ● 5:30-6:30 pm Alison Nordgren Valleyview Hall	Beginner Yoga ● 5:00-6:00 pm Tracey Mourre Yacht Club			
		Pilates and Yoga ● 6:15-7:15 pm Charlene Friend Yacht Club			

For more class information, please see the Activity Guide or visit [www.kamloops.ca/Perfectmind](http://www.kamloops.ca/Perfectmind)

**Please note:**

- instructors and classes are subject to change without notice
- drop-in tickets are available at the TCC and Westsyde Pool and Fitness Centre. Drop-ins will be accepted if space permits

**Legend**

- = **Mild/All levels** - Great for beginners or anyone returning to exercise after an extended absence. These classes are gentle on your joints, with no-impact or low-impact exercises.
- ▲ = **Intermediate** - For individuals who are currently exercising and looking for a more challenging class. These classes may feature intervals, strength training, and more advanced exercises.
- ◆ = **Advanced** - For experienced exercisers who are looking for more intensity. These classes may include high-intensity intervals, compound exercises, and active recovery periods.

**Register today by calling 250-828-3500 or go  
online to [www.kamloops.ca/Perfectmind](http://www.kamloops.ca/Perfectmind)**

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## YOGA

### [Beginner Yoga](#)

By practising simple yoga postures, breathing exercises, and easy movements, you will build strength and flexibility and improve your posture in a relaxed atmosphere. 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. Please bring a yoga mat.

### [Gentle Chair Yoga](#)

This class is for those participants who find regular yoga classes to be a little too much. Enjoy a fun, non-intimidating class that includes the use of chairs and modified poses while you work on bringing greater mobility and flexibility to the joints. If you are experiencing any stiffness associated with aging or injury, this class is for you! Each class will conclude with guided relaxation.

## GENERAL FITNESS

### [Low Intensity Circuit](#)

This circuit-style class encourages you to work at your own level. You will be introduced to a variety of cardio, strength, and flexibility exercises to help keep you strong and mobile for your daily activities.

### [Pilates & Yoga](#)

Experience a Pilates exercise program that includes yoga poses. This winning combination will lengthen your muscles, improve your core, and strengthen your spine.

### [ZUMBA® Gold](#)

ZUMBA Gold® targets the largest growing segment of the population - baby boomers. It takes the ZUMBA® formula and modifies the moves and pacing 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 the ZUMBA® Fitness Party is known for - the zesty Latin music like salsa, merengue, cumbia, and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

### [ZUMBA® Gold Toning](#)

Are you looking to take your Zumba® workout to the next level? The Zumba® Gold Toning class combines strength training with the excitement of a traditional Zumba® class. Join the movement and help build muscle strength, mobility, posture, and coordination. This class is specifically adapted for the active older adult or beginner exerciser.

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