

City of Kamloops Community Fitness

Spring 2020

March 30–June 19, 2020

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Strong Bones ● 9:45–10:45 am Cathy Bliault Yacht Club		Low Intensity ● Circuit 9:00 am–10:00 am Cathy Bliault Yacht Club		
	Zumba® Gold ● 11:00 am–12:00 pm Cathy Bliault Yacht Club		Zumba® Gold ● 10:30–11:30 am Cathy Bliault Yacht Club		
Afternoon	Gentle Chair Yoga ● 1:30–2:30 pm Warren Lewis Hal Rogers		Zumba® Gold ● Toning 1:15–2:15 pm Cathy Bliault Yacht Club		Gentle Chair Yoga ● 1:30–2:30 pm Warren Lewis West Highlands Community Centre
		Beginner Yoga ● 5:00–6:00 pm Tracey Mourre Yacht Club	Gentle Chair Yoga ● 1:30–2:30 pm Warren Lewis Hal Rogers	Zumba® Gold ● 2:30–3:30pm Cathy Bliault Yacht Club	
Evening		Beginner Yoga ● 5:15–6:15 pm Warren Lewis Hal Rogers			
		Pilates and Yoga ● 6:15–7:15pm Charlene Friend Yacht Club			

For more class information, please see the Activity Guide or visit Kamloops.ca/PerfectMind.

Please note:

- Participants must be 13 years or older, unless otherwise indicated, to participate in fitness classes.
- Instructors and classes are subject to change without notice.
- Drop-in tickets are available at the TCC and Westsyde Pool & Fitness Centre, and 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 Kamloops.ca/PerfectMind**

City of Kamloops Community Fitness

Fall 2017

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.

[Pilates and Yoga](#)

Experience a Pilates exercise program that includes yoga poses. This winning combination will lengthen your muscles, improve your core, and strengthen your spine. Appropriate for all levels. Please bring your own mat.

[Strong Bones](#)

Join a qualified instructor to safely and effectively increase your fitness level by improving posture and balance and to build stronger muscles and bones while decreasing the risk of falls and fractures.

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.

Register today by calling 250-828-3500 or
go online to Kamloops.ca/PerfectMind