

# City of Kamloops Tournament Capital Centre Fitness

Spring 2020

**ANNUAL PASS HOLDERS:** enjoy a 50% discount (when registering by phone or in person) on most TCC and Westsyde fitness classes!

**Get fit at the Tournament Capital Centre  
March 30 - June 19, 2020**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Water Running ▲ 6:30-7:30 am Cathy Bliault	Total Body Blast ▲ 6:30-7:15 am Monika Kriedemann	Aqua Express Circuit ▲ 6:30-7:30 am Cathy Bliault	
	Gentle Circuit PRO ● 8:00-8:55 am Shawn Wenger *Drop-in	Gentle Circuit ● 8:00-8:55 am Shawn Wenger *Drop-in	Gentle Circuit PRO ● 8:00-8:55 am Shawn Wenger *Drop-in	Gentle Circuit ● 8:00-8:55 am Shawn Wenger *Drop-in	TRX Combo ▲ 8:00-8:45 am Monika Kriedemann
	Pilates on the Bosu ● 8:30-9:30 am Charlene Friend			Intermediate Pilates ▲ 8:30-9:30 am Charlene Friend	
	Gentle Circuit ● 9:00-9:55 am Shawn Wenger *Drop-in		Gentle Circuit ● 9:00-9:55 am Shawn Wenger *Drop-in		Gentle Circuit ● 9:00-9:55 am Sharon Jager *Drop-in
	AquaFit Deep Water ● 9:00-10:00 am Lifeguard **Drop-in	AquaFit Deep Water ● 9:00-10:00 am Lifeguard **Drop-in	AquaFit Deep Water ● 9:00-10:00 am Lifeguard **Drop-in	AquaFit Deep Water ● 9:00-10:00 am Lifeguard **Drop-in	AquaFit Deep Water ● 9:00-10:00 am Lifeguard **Drop-in
	Stretch and Relax ● 10:15-11:00 am Shawn Wenger	Strong Bones ● 9:45-10:45 am Cathy Bliault	Stretch and Relax ● 10:15-11:00 am Shawn Wenger	Strong Bones ● 9:45-10:45 am Cathy Bliault	
	Sensational Survivors ● 11:00 am-12:00 pm	AquaFit Shallow Water ● 11:00 am-12:00 pm Lifeguard **Drop-in	Sensational Survivors ● 11:00 am-12:00 pm	AquaFit Shallow Water ● 11:00 am-12:00 pm Lifeguard **Drop-in	
	TRX Combo ▲ 11:15 am-12:00 pm Shawn Wenger	Stronger Bones ● 11:00 am-12:00 pm Cathy Bliault	TRX Combo ▲ 11:15 am-12:00 pm Shawn Wenger	Stronger Bones ● 11:00 am-12:00 pm Cathy Bliault	
Afternoon	Strength Intervals ▲ 12:10-12:55 pm Shawn Wenger ***Free	Cycle Fit ▲ 12:10-12:55 pm Shawn Wenger ***Free	Core Strength ▲ 12:10-12:55 pm Shawn Wenger ***Free	Cycle Fit ▲ 12:10-12:55 pm Shawn Wenger ***Free	High Intensity Interval Training 12:10-12:55 pm ▲ Lorraine Korobanik ***Free
				TRX Combo ▲ 12:10-12:55 pm Lorraine Korobanik	
	Stroller Fit ● 1:15-2:15 pm Shawn Wenger				
Evening					
	Cycle Fit ▲ 4:45-6:00 pm Travis Graham	Workout of the Week (WOW) 5:15-6:00 pm ● Sandra Labbe ***Free	High Intensity Interval Training- HIIT ♦ Ages 18+ 5:15-6:15 pm Evelyne Penny	Workout of the Week (WOW) 5:15-6:00 pm ● Sharon Jager ***Free	
	Beginner Yoga ● 5:15-6:15 pm Warren Lewis	Gentle Spin ● 5:45-6:30 pm Hannah Clark	Beginner Boot Camp ▲ 5:30-6:30 pm Travis Graham		
			Cycle Fit ▲ 5:30-6:30 pm Monika Kriedemann		
	Beginner Mat Pilates ● 6:30-7:30 pm Charlene Friend		Barre Fitness ● 6:30-7:30 pm Evelyne Penny	Spin and Stretch ● 6:30-8:00 pm Sharon Jager	
	Yoga Spin ▲ 7:00-8:30 pm Travis Graham/ Warren Lewis				

Drop-ins are welcome in most classes. Please check with a Customer Relations Representative for more details.

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

\* Gentle Circuit participants are required to purchase a Gentle Circuit upgrade punch pass in addition to a track pass.

\*\* AquaFit participants are required to purchase a pool pass for AquaFit programs.

\*\*\* Free with a full facility wristband. Other patrons will be subject to regular fitness drop-in fees.

**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 and Fitness Centre. Drop-ins will be accepted if space permits

TCC Full Facility annual passholders enjoy a 50% discount on most TCC and Westsyde fitness classes.

**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.
- = **Aqua Fit** - Water-based fitness classes with a range of intensity options. Suitable for beginners to advanced.

# City of Kamloops Tournament Capital Centre Fitness

## **Aqua Express Circuit**

Challenge your aerobic and anaerobic systems using non-impact circuit training. Travel between stations using noodles, weights, and your body weight, while using elements of water running for recovery.

## **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.

## **Barre Fitness**

Join us at the barre for a dynamic workout that combines elements of ballet, barre fitness, Pilates, strength, and flexibility. Sculpt and tone your body with this focused workout that targets postural strength, alignment, and endurance. No dance experience is necessary.

## **Beginner Boot Camp**

This beginner-friendly, boot camp style class will give you a great full-body workout by combining strength and cardio drills to get your heart pumping! Learn to use a variety of equipment and enjoy longer rest breaks. This class is a great introduction to our advanced boot camp.

## **Beginner Mat Pilates**

Learn Pilates principles and apply them to mat exercises to improve core strength and stability, relieve back pain, improve posture, and reduce stress.

## **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.

## **Core Strength**

Optimize every move you make in this class, which is designed to complement your personal goals. Work on strengthening your abdomen, pelvis, and back muscles to increase performance and prevent injury. Condition your core for a stronger, healthier you!

## **Cycle Fit**

Challenge yourself with this motivating, intermediate-level spin class. From roadie to fitness enthusiast, this class has something for everyone, with a variety of intervals and drills that are guaranteed to have you feeling the burn. Work at your own intensity through hill climbs, speed intervals, and active recovery.

## **Gentle Circuit**

Designed for the beginner exerciser, this circuit covers everything from walking to strength exercises to offer a unique, full-body workout. Combine balance, strength, and coordination training with cardio to start exercising in a safe and fun environment. A track pass and a Gentle Circuit punch pass are required.

## **Gentle Circuit PRO**

If you have been attending Gentle Circuit for some time and would like more of a challenge, give Gentle Circuit PRO a try. This circuit-style class incorporates exercise progressions that will take you to the next level of balance, strength, coordination, and endurance! A track pass and a Gentle Circuit punch pass are required.

## **Gentle Spin**

If you're new to indoor spin/cycling or just looking for an easier alternative to a traditional spin class, Gentle Spin provides a safe, adaptable, low-impact option. This class provides easier options for difficult moves seen in higher intensity spin classes and is a great complement to any cardio routine. Participants are encouraged to work at their own level.

## **High Intensity Interval Training (HIIT)**

Using tabata-style intervals (high-intensity training followed by a short rest), you will blast your entire body with a challenging and rewarding full body workout. Come prepared to sweat in this fast-paced class.

## **Intermediate Pilates**

For those who have Pilates experience and are looking for a challenge, this class will build on the principles applying them to mat exercises focused on improving core strength and stability, relieving back pain, improving posture, and stress reduction.

## **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 on the Bosu**

Take your Pilates experience onto the Bosu Balance Trainer to elevate your practice. This workout targets your core stabilizers to activate your deep abdominal muscles, reinforce balance, stability and enhance neuromuscular function.

## **Sensational Survivors**

This all-women, cancer-specific exercise program will provide you with a safe way to exercise in all stages of treatment and recovery. You will work one-on-one with an exercise professional to create a program specifically for you, followed by six weeks of twice-weekly supervised group exercise sessions. For more details, please call 250-828-3742.

## **Spin and Stretch**

From beginner to intermediate, this 45 minute spin class followed by a 45 minute stretch will enhance your fitness and promote recovery. Work through strength and endurance building cycling drills, and then slow it down in the fitness studio for a relaxing stretch. The perfect way to end your evening!

## **Strength Intervals**

Do you like variety in your workouts? Strength Intervals will use a different mode of training each week - kettlebells, dumbbells, medicine balls, bands, speed, agility, and body weight exercises! In 45 minutes, you will get a great, full-body workout!

## **Stretch and Relax**

Take time to focus on the mobility and flexibility of your joints and muscles. This class takes you through a guided, whole-body stretch that promotes flexibility, mobility, breathing, and relaxation. Participants must be able to get down to the floor and back up again comfortably.

## **Stroller Fit**

Meet other moms while working out in a fun, non-intimidating environment. This circuit-style class focuses on building strength, cardiovascular fitness, and flexibility while your baby or toddler enjoys some time in the stroller. Nursing and crawling babies are welcome in this all-levels class. It is recommended that moms be at least 4-6 weeks post-natural delivery or 8-10 weeks post-Cesarean.

## **Strong Bones**

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

## **Stronger Bones**

Building on the principles learned in Strong Bones, we invite you to challenge yourself further with this more advanced class. Increase your balance, strength, and coordination in a safe and fun environment while managing your risk for falls and fractures.

## **TRX Combo**

In a small group, you will learn the basics of suspension training, and move in a way that will leave you feeling challenged, strong, and inspired! Workouts will include movement in all planes of motion using the TRX and a variety of other types of equipment for a high-energy combo class!

## **Water Running**

Do you love to run? Are you looking for some cross-training or do you have an injury? This coached, deep-water, running workout is similar to land-based running and includes pick ups and drills to increase your fitness in a low-impact environment. Work at your own pace to build your running base without the repetitive impact of running!

## **Workout of the Week (WOW)**

Change your routine up each week using dynamic movements for a high energy full body workout. Use dumbbells, medicine balls, bands, body weight and fun cardio drills for a different style of class each week. Will it be a HIIT style class, cardio/abs combo or functional strength workout? Join us and find out.

## **Yoga Spin**

Join us for 45 minutes of high-intensity spin, followed by 45 minutes of yoga poses designed to quiet your mind while building strength, balance, focus, and flexibility.