

# City of Kamloops Westsyde Community Fitness

## Fall 2019

### September - December, 2019

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Aquafit (Shallow) ♦ 8:00-9:00am WSP *Drop-in				Aquafit (Shallow) ♦ 8:00-9:00am WSP *Drop-in
		Beginner Yoga ● 9:00-10:00 am Warren Lewis Media Room-HWS		Beginner Yoga ● 9:00-10:00 am Warren Lewis Media Room-HWS	
	Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault Media Room- HWS				Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault Media Room- HWS
Evening		Total Body Blast ▲ 6:00-7:00 pm Christine Lange Gym - DT		Total Body Blast ▲ 6:00-7:00 pm Christine Lange Gym - DT	
	Beginner Yoga ● 7:15-8:45 pm Warren Lewis Gym - DT		Beginner Yoga ● 7:00-8:30 pm Warren Lewis Gym - DT		

For more class information, please see the Activity Guide or visit [www.kamloops.ca/Perfectmind](http://www.kamloops.ca/Perfectmind)  
TCC Full Facility annual passholders enjoy a 50% discount on most TCC and Westsyde fitness classes.

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

**WSP** - Westsyde Pool and Fitness Centre - 859 Bebek Road

**HWS** - The Hamlets at Westsyde - 3255 Overlander Drive

**DT** - David Thompson Elementary - 1051 Pine Springs Road

**\*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

**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.

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

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### [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.

### [CycleFit](#)

This intermediate spin class has something for everyone, with a variety of intervals and cycling drills that are guaranteed to have you feeling the burn. Work at your own intensity through hill climbs, speed intervals, and active recovery.

### [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.

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