

City of Kamloops Westsyde Community Fitness

Winter 2019

January 14-March 15, 2019

Westsyde Neighbourhood Centre (3550 Westsyde Road)

Westsyde Pool and Fitness Centre (859 Bebek Road)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Aquafit (Shallow) ♦ 8:00-9:00am WSP *Drop-in		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 293182 Yoga Room - WNC		Beginner Yoga ● 9:00-10:00 am Warren Lewis 293186 Yoga Room - WNC	
	Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault 293142 Gym - WNC		Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault 293143 Gym - WNC		Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault 293144 Gym - WNC
			ZUMBA® Gold ● 11:00 am-12:00 pm Cathy Bliault 293214 Gym - WNC		ZUMBA® Gold ● Toning 11:00 am-12:00 pm Cathy Bliault 293217 Gym - WNC
Evening	Aquafit (Shallow) ♦ 5:30-6:15 pm WSP *Drop-In	Total Body Blast ▲ 6:00-7:00 pm Aina Schnelle 293154 Gym - WNC	Aquafit (Shallow) ♦ 5:30-6:15 pm WSP *Drop-In	Total Body Blast ▲ 6:00-7:00 pm Aina Schnelle 293155 Gym - WNC	Aquafit (Shallow) ♦ 5:30-6:15 pm WSP *Drop-In
	Beginner Yoga ● 7:15-8:45 pm Warren Lewis 293181 Yoga Room - WNC	CycleFit ▲ 7:15-8:15 pm Aina Schnelle 293174 Cardio Room - WSP	Beginner Yoga ● 7:00-8:30 pm Warren Lewis 293185 Yoga Room - WNC	POUND® ● 7:15 pm-8:15 pm Aina Schnelle 293148 Gym - WNC	

For more class information, please see the Activity Guide or visit www.kamloops.ca/ezreg.

Full Facility passholders enjoy a 50% discount on most TCC and Westsyde fitness classes. This discount is only available when registering by phone or in person.

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

WNC - Westsyde Neighborhood Centre

WSP - Westsyde Pool and Fitness Center

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/ezreg

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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.

[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®!