

City of Kamloops Community Fitness

Winter 2018

January 8-March 16, 2018

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Zumba® Gold ● 11:00 am-12:00 pm Cathy Bliault 279891 Yacht Club				
Afternoon	Gentle Touch Yoga ● 1:30-2:30 pm Warren Lewis 279794 Yacht Club		Gentle Touch Yoga ● 1:15-2:15 pm Warren Lewis 279795 Yacht Club	Zumba® Gold ● 2:30-3:30pm Cathy Bliault 279893 Yacht Club	
Evening		Beginner Yoga ● 5:00-6:00pm Tracey Mourre 279590 Yacht Club			
	Beginner Yoga ● 5:30-6:30pm Kris McCleary 279588 Valleyview Hall	Beginner Yoga ● 6:00-7:00pm Warren Lewis 279591 Hal Rogers			
		NEW! FUNCTIONal Strength & Yoga ● 6:15-7:15 pm Bonnie Lavonne 280092 Yacht Club			
		Yoga for Relaxation ● 7:15-8:15 pm Warren Lewis 279790 Hal Rogers		Yoga for Relaxation ● 7:45-8:45 pm Warren Lewis 279792 Valleyview Hall	

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

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/ezreg

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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 Touch 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.

[Yoga for Relaxation](#)

Relax your mind while experiencing the soothing meditative qualities of yoga by linking breath with movement. Designed to transition you through the end of your day, have fun in this slow-paced, easy-to-follow class. You will experience a complete range of basic yoga poses and gentle sequences. Each class will conclude with a peaceful, guided relaxation for a tranquil end to your day. Please bring a yoga mat.

GENERAL FITNESS

[FUNctional Strength & Yoga](#)

This fun combo class will use only body weight for a full body workout! Start the class with a beginner friendly yoga flow sequence, build into a functional movement based strength workout, and finish off with a relaxing stretch. The perfect workout in 60 minutes!

[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.

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