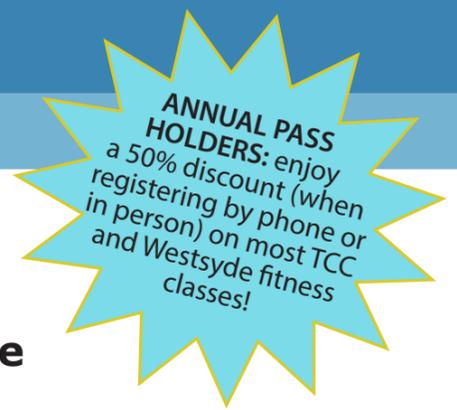


City of Kamloops Tournament Capital Centre Fitness

Fall 2016



Get fit at the Tournament Capital Centre September 19-December 9, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Water Running ▲ 6:30-7:30 am Cathy Bliault 260004	CycleFit ▲ 6:15-7:00 am Amanda Pereira 260686	Aqua Express Circuit ▲ 6:30-7:30 am Cathy Bliault 259985	Total Body Blast ▲ 6:00-7:00 am Aly Davey 259996
	Gentle Circuit PRO ● 8:00-9:00 am Shawn Wenger *Drop-in	Gentle Circuit ● 8:00-9:00 am Shawn Wenger *Drop-in	Gentle Circuit PRO ● 8:00-9:00 am Shawn Wenger *Drop-in	Gentle Circuit ● 8:00-9:00 am Shawn Wenger *Drop-in	
	Gentle Circuit ● 9:00-10:00 am Shawn Wenger *Drop-in	CycleFit ▲ 9:00-10:00 am Shawn Wenger 260685	Gentle Circuit ● 9:00-10:00 am Shawn Wenger *Drop-in	CycleFit ▲ 9:00-10:00 am Shawn Wenger 260687	Gentle Circuit ● 9:00-10:00 am Shawn Wenger *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
		Osteofit 1 ● 9:45-10:45 am Cathy Bliault 259139/259140		Osteofit 1 ● 9:45-10:45 am Cathy Bliault 259139/259140	Stretch and Relax ● 10:15-11:00 am Shawn Wenger 259993
	Gentle Spin & Stretch ● 10:00-11:00 am Shawn Wenger 261182	Aquafit Shallow Water ◆ 11:00 am-12:00 pm Lifeguard **Drop-in	Functional Fitness ● 10:00-11:00 am Shawn Wenger 261183	Aquafit Shallow Water ◆ 11:00 am-12:00 pm Lifeguard **Drop-in	Fit to Line Dance 11:15 am-12:00 pm Shawn Wenger 260705
	Sensational Survivors ● 11:00 am-12:00 pm	Osteofit 2 ● 11:00 am-12:00 pm Cathy Bliault 259141/259144	Sensational Survivors ● 11:00 am-12:00 pm	Osteofit 2 ● 11:00 am-12:00 pm Cathy Bliault 259142/259145	
Afternoon	Strength Intervals ▲ 12:10-12:55pm Shawn Wenger ***Value Added	CycleFit ▲ 12:10-12:55 pm Shawn Wenger ***Value Added	Core Strength ▲ 12:10-12:55 pm Shawn Wenger ***Value Added	CycleFit ▲ 12:10-12:55 pm Shawn Wenger ***Value Added	HIIT ▲ High Intensity Interval Training 12:10-12:55 pm Evelyne Penny ***Value Added
	TRX Combo ▲ 12:10-12:55 pm Evelyne Penny 259998/260001	Barre Fit ● 12:10-12:55 pm Evelyne Penny 260741		Osteofit 2 ● 12:15-1:15 pm Cathy Bliault 259143/259146	
	Stroller Fit ● 1:00-2:00 pm Shawn Wenger 260682	Gentle Touch Yoga ● 1:15-2:15 pm Warren Lewis 260738	TRX Combo ▲ 1:00-1:45 pm Shawn Wenger 259999/260002	TRX Combo ▲ 12:10-12:55 pm Evelyne Penny 260000/260003	
	Aquatic Gentle Fit ◆ 2:00-3:00 pm Cathy Bliault 260707/260709		Aquatic Gentle Fit ◆ 2:00-3:00 pm Cathy Bliault 260708/260710	Stroller Fit ● 1:00-2:00 pm Shawn Wenger 260683	
				ZUMBA Gold ● 2:00-3:00 pm Cathy Bliault 260734	
Evening	CycleFit ▲ 4:45-6:00 pm Thom Light 260684	20/20/20 ▲ 5:15-6:15 pm Sharon Jager 259982	Barre Fit ● 5:15-6:15 pm Evelyne Penny 260742	20/20/20 ▲ 5:15-6:15 pm Aly Davey 259983	
	Beginner Yoga ● 5:15-6:15 pm Warren Lewis 260693	Gentle Spin ● 5:15-6:00 pm Aly Davey 260689	Beginner Boot Camp ▲ 5:30-6:30 pm Aly Davey 259987	CycleFit ▲ 5:30-6:30 pm Thom Light 260688	Drop-ins are welcome in most classes. Please check with a Customer Relations Representative for more details.
	Boot Camp ◆ 5:30-6:30 pm Aly Davey 259988				
	Beginner Mat Pilates ● 6:30-7:30 pm Charlene Friend 259986	Runners' Core and Flexibility ● 6:30-7:30 pm Sharon Jager 260740	ZUMBA ● 6:30-7:30 pm Evelyne Penny 260006	Beginner Yoga ● 6:30-7:30 pm Warren Lewis 260699	
	Yoga Spin ▲ 7:00-8:30 pm Thom Light/Warren Lewis 260692	Spin Fusion ◆ 7:00-8:30 pm Sam Marshall 260690	Beginner Yoga ● 7:45-8:45 pm Sandra Labbe 260697	Spin it, then HIIT it! ◆ 7:00-8:30 pm Sam Marshall 260691	

For more class information, see pages 35-37 and 57-58 of the Activity Guide or visit www.kamloops.ca/ezreg.

* 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.

*** Value added classes are free to TCC passholders (monthly and annual). Patrons without a membership will be subject to regular fitness drop-in fees.

Please note, the age policy on all fitness classes requires participants (registered or drop-in) to be 13 years or older at the time of participation in any given class. Instructors and classes are subject to change without notice.

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

Legend	<p>● = Mild/All levels - For beginners or those returning to exercise after an extended absence. These classes are gentle on the joints with low to no impact.</p> <p>▲ = Intermediate - For individuals who are currently exercising and are looking for a more challenging class. These classes may feature intervals, strength training, and more advanced exercises.</p> <p>◆ = Advanced - For experienced exercisers who are looking for a high-intensity class with advanced exercise techniques. These classes may include high-intensity intervals, cardiovascular components, and strength training.</p> <p>◆ = Aqua Fit - Low impact, water-based fitness classes with a range of intensity options suitable for beginners to intermediate/advanced.</p>
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Register today by calling 250-828-3500 or go online to www.kamloops.ca/ezreg

City of Kamloops Tournament Capital Centre Fitness

20/20/20

If you like a balanced approach to fitness, you will enjoy this class, which gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core training. These workouts will help you improve your cardiovascular and muscular endurance in a fun and motivational environment!

Aqua Express Circuit

Get the best of both worlds with this high-intensity, interval-style class. Work your aerobic and anaerobic systems using circuit training in a non-impact environment. Travel from station to station using noodles, weights, and your own body weight for exciting and challenging exercises while using the 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.

Aquatic Gentle Fit

Is exercise on land hard on your joints? This class is designed using the principles of water buoyancy to support strength and cardiovascular fitness in a non-impact environment. This class is taught in the leisure pool and welcomes participants with mobility or joint concerns.

Barre Fit

Join us at the barre for a dynamic workout that combines elements of ballet, 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

Are you curious about what boot camp classes are all about? 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 the five principles of Pilates and apply them to a wide variety of 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.

Boot Camp

Are you looking to take your exercise routine to the next level with a heart-pumping, leg-burning workout? Each class will incorporate a different mode of training, ensuring a dynamic, full-body workout every time.

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!

CycleFit

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.

Fit to Line Dance

If you love music and dancing, then join us for an hour of instructor-led choreographed line dancing that promises to improve your fitness, coordination, and memory! Learn the steps and practice in a fun and encouraging atmosphere.

Functional Fitness

Are you looking for a fun way to stay active using functional movements required for everyday life? Squat, lunge, and twist your way to increased strength using a stability ball, chair, and balance equipment to support your posture and build muscle according to your unique abilities.

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.

Gentle Spin and Stretch

Combine a shorter spin session with a relaxing stretch as an introduction to indoor spin/cycling or to complement your current routine. This gentle indoor spin class combines easier and low-impact spin options with a guided stretch to finish the class. Participants are encouraged to work at their own level.

Gentle Touch Yoga

This class is designed for 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 working on bringing greater mobility and flexibility to your joints. If you are experiencing any stiffness associated with aging or injury, this class is for you! Each class will conclude with guided relaxation.

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.

Osteofit 1

Are you at an increased risk for osteoporosis or have you suffered a fracture in the past? Join a certified instructor to increase your fitness level safely and effectively by improving posture and balance. Build stronger muscles and bones while decreasing the risk of falls and fractures. This class is also appropriate for participants with arthritis or osteoarthritis, as well as beginner exercisers.

Osteofit 2

Safely progress your exercise from Osteofit 1 with this more challenging class, which builds on the principles learned in Osteofit 1. Increase your balance, strength, and coordination with exercises designed to challenge you in a safe, fun environment while managing your risk for falls and fractures.

Runners' Core and Flexibility

Are you a runner looking to add some cross-training to your routine? Focus on the unique strength needs of runners, including core and flexibility, to create a more balanced body while increasing running efficiency and promoting muscle recovery.

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 Fusion

Enjoy 50 minutes of intense cardio on the spin bike, followed by 20 minutes of core work for a full-body workout. Wrap up the class with 20 minutes of stretching to improve flexibility and mobility.

Spin it, then HIIT it!

Like to sweat? Join us for 50 minutes of high-intensity spin, followed by 25 minutes of tabata-inspired high-intensity intervals! Wrap up this great class with a relaxing 15 minute stretch.

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-Caesarean.

Total Body Blast

Get a great full-body workout in this dynamic and fun class! Get stronger and improve your fitness using interval-style training with dumbbells, balls, BOSU®, and body weight exercises!

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!

Yoga Spin

Join us for 45 minutes of high-intensity spin, combining different intensities and drills for a hard workout. Finish off with 45 minutes of yoga, including a series of poses woven together with breath to quiet the mind and build strength, balance, focus, and flexibility.

ZUMBA®

Join the dance sensation! ZUMBA® is a dance routine set to a fusion of Latin and international music that creates a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training performed to a combination of fast and slow rhythms to tone and sculpt the body.

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 - zesty Latin music like salsa, merengue, cumbia, and reggaeton; exhilarating, easy-to-follow moves; and an invigorating, party-like atmosphere.