

City of Kamloops Tournament Capital Centre Fitness

Winter 2018

**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
January 8-March 16, 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Water Running ▲ 6:30-7:30 am Cathy Bliault 279683		Aqua Express Circuit ▲ 6:30-7:30 am Cathy Bliault 279682	Total Body Blast ▲ 6:00-7:00 am Aly Davey 279700
	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	
	Gentle Circuit ● 9:00-9:55 am Shawn Wenger *Drop-in	Cycle Fit ▲ 9:00-10:00 am Shawn Wenger 279896	Gentle Circuit ● 9:00-9:55 am Shawn Wenger *Drop-in	Cycle Fit ▲ 9:00-10:00 am Shawn Wenger 279897	Gentle Circuit ● 9:00-9:55 am Bonnie Lavonne *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
	Gentle Spin & Stretch ● 10:00-11:00 am Shawn Wenger 279702	Strong Bones ● 9:45-10:45 am Cathy Bliault 279684/279685	Stretch and Relax ● 10:00-10:45 am Shawn Wenger 279696	Strong Bones ● 9:45-10:45 am Cathy Bliault 279684/279685	Stretch and Relax ● 10:00-10:45am Sandra Labbe 279697
	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 279703/279708	Stronger Bones ● 11:00 am-12:00 pm Cathy Bliault 279686/279688	TRX Combo ▲ 11:15 am-12:00 pm Shawn Wenger 279705/279710	Stronger Bones ● 11:00 am-12:00 pm Cathy Bliault 279687/279689	TRX Combo ▲ 11:15 am-12:00 pm Bonnie Lavonne 279707/279712
Afternoon	Strength Intervals ▲ 12:10-12:55pm Shawn Wenger ***Value Added	Cycle Fit ▲ 12:10-12:55 pm Shawn Wenger ***Value Added	Core Strength ▲ 12:10-12:55 pm Shawn Wenger ***Value Added	Cycle Fit ▲ 12:10-12:55 pm Shawn Wenger ***Value Added	High Intensity Interval Training 12:10-12:55 pm ▲ Evelyne Penny ***Value Added
		TRX Combo ▲ 12:10-12:55 pm Evelyne Penny 279704/279709		TRX Combo ▲ 12:10-12:55 pm Evelyne Penny 279706/279711	
	Stroller Fit ● 1:00-2:00 pm Bonnie Lavonne 279692		NEW! Mom and Baby Yoga ● 1:00-2:00 pm Bonnie Lavonne 280090		
Evening	Cycle Fit ▲ 4:45-6:00 pm Thom Light 279895	NEW! Workout of the Week (WOW) 5:15-6:00pm ● Sandra Labbe ***Value Added	HIIT ♦ Ages 18+ 5:15-6:15 pm Evelyne Penny 280091	NEW! Workout of the Week (WOW) 5:15-6:00pm ● Aly Davey ***Value Added	
	Beginner Yoga ● 5:15-6:15 pm Warren Lewis 279587	Gentle Spin ● 5:15-6:00 pm Aly Davey 279901	Beginner Boot Camp ▲ 5:30-6:30 pm Aly Davey 279695	Cycle Fit ▲ 5:30-6:30 pm Thom Light 279898	
	Boot Camp ♦ Ages 18+ 5:30-6:30 pm Aly Davey 279694	NEW! Queenax Express ▲ 6:15-7:00pm Aly Davey 280085			
	NEW! Functional Fit - Small Group ▲ 6:30-7:30pm Bonnie Lavonne 280080	NEW! CycleFit Fusion ▲ 6:15-7:30pm Sandra Labbe 280082	Barre Fitness ● 6:30-7:30 pm Evelyne Penny 279713	NEW! Functional Fit - Small Group ▲ 6:30-7:30pm Bonnie Lavonne 280089	
	NEW! Queenax Express ▲ 7:45-8:30pm Bonnie Lavonne 280084	Beginner Yoga ● 7:45-8:45pm Bonnie Lavonne 279592	Yoga for Relaxation ● 7:45-8:45pm Bonnie Lavonne 279791	NEW! CycleFit Fusion ▲ 7:00-8:15pm Aly Davey 280083	

**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/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 patrons with a full facility wristband.

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

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.

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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 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!

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.

Cycle Fit Fusion - NEW!

Challenge yourself while working at your own intensity through 45 minutes of cycling drills and active recovery, followed by 25 minutes of total body strength intervals. A high energy full body workout!

Functional Fit- Small Group - NEW!

Target functional movements like lunging, squatting and push/pull using medicine balls, kettlebells, TRX and body weight for a total body workout. Taught by a Femsport coach, this small group class will target the main movement used in the popular competition. Get a jump start on training, or simply join us for an awesome functional workout.

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.

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.

Mom and Baby Yoga - NEW!

Come meet other new moms while enjoying a variety of yoga postures to help build your strength and confidence. This class will improve your balance and posture while focusing on breath techniques to care for your mind, body, and baby following pregnancy. Open to mothers four weeks post-delivery or six weeks post-Cesarean. Please consult with your health care provider prior to starting. Dads and grandparents are welcome!

Queenax Express - NEW!

HIIT the adult playground, the Queenax! This fun functional trainer will have your whole body engaged and strengthened as you try common exercise done in new ways! This challenging class may find you doing suspended pushups, using battle ropes, playing on the monkey bars, or more simply focusing on proper form in new and exciting ways. All exercises can be modified for intensity, however we recommend a base of conditioning for this class.

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.

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.

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!

Workout of the Week (WOW) - NEW!

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 for Relaxation

Experience the soothing qualities of linking your breath with movement. This class explores basic yoga poses and longer holds for a deeper, cleansing stretch and assists you in quieting your mind. Each class concludes with a guided relaxation.