

City of Kamloops Westsyde Community Fitness

Winter 2018

January 8-March 16, 2018

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	NEW! Cycle Fit ▲ 6:00-6:45am Bonnie Lavonne 279900 Cardio Room - WSP	Aquafit (Shallow) ♦ 8:00-9:00am WSP *Drop-in
	Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault 279582 Gym - WNC	Beginner Yoga ● 9:00-10:00 am Warren Lewis 279589 Yoga Room - WNC	Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault 279583 Gym - WNC	Beginner Yoga ● 9:00-10:00 am Warren Lewis 279594 Yoga Room - WNC	Low Intensity Circuit ● 9:30-10:30 am Cathy Bliault 279584 Gym - WNC
			ZUMBA® Gold ● 11:00 am-12:00 pm Cathy Bliault 279892 Gym - WNC		ZUMBA® Gold ● Toning 11:00 am-12:00 pm Cathy Bliault 275894 Gym - WNC
Evening	Aquafit (Shallow) ♦ 5:30-6:15 pm WSP *Drop-In		Aquafit (Shallow) ♦ 5:30-6:15 pm WSP *Drop-In		Aquafit (Shallow) ♦ 5:30-6:15 pm WSP *Drop-In
		Total Body Blast ▲ 6:00-7:00 pm Cathy Bliault 279698 Gym - WNC			
	Yoga for Relaxation ● 7:15-8:45 pm Warren Lewis 279789 Yoga Room - WNC	NEW! Cycle Fit ▲ 7:30-8:30 pm Tera Meade/Aly Davey 279899 Cardio Room - WSP	Beginner Yoga ● 7:00-8:30 pm Warren Lewis 279593 Yoga Room - WNC	Total Body Blast ▲ 6:00-7:00 pm Cathy Bliault 279699 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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[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.

[Cycle Fit](#)

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.

[Yoga for Relaxation](#)

Relax your mind while experiencing the soothing qualities of yoga by linking your breath with movement. This class explores basic yoga poses that are held longer to achieve a deep, cleansing stretch for the muscles, as well as the mind. Each class will conclude with a peaceful, guided relaxation.

[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®!