



At YMCA BC – Kamloops, we know that health plays a crucial part of the development of spirit, mind and body. That’s why we are dedicated to providing a variety of programs and services geared towards the active ager at both the Downtown Y and the John Tod Centre Y. Focus on your health, personal growth and building connections at the Kamloops Y.

JOIN TODAY!

YMCA BC – Kamloops Region
 Downtown Y
 400 Battle St.
kamloopsy.ca

The first STEP is the best STEP.

Check out our variety of offerings, including:

- *Aquatics fitness classes, Seniors Swim Club*
 - *Yoga, Forever Fit, PBS, Dance Fit, Nia*
 - *Minds in Motion*
 - *Power Over Parkinson’s*
 - *Choose to Move*
- And more!*

Financial Assistance available through the Kamloops Y Opportunity Fund.

For more information contact Member Services 250-372-7725.



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