



iMOVE

INCLUSIVE

Health + Wellness

People In Motion is a Kamloops not-for-profit which has been "Creating A Better Tomorrow" for people living with disabilities since 1989 by providing fitness, educational and social programs and services.

iMOVE - Inclusive Health & Wellness is a Community Living British Columbia (CLBC) funded program that offers participants the opportunity to move and shake, with a certified health and wellness instructor in partnership with The Tournament Capital Centre (TCC). A People In Motion Active Living worker and volunteer will be onsite during activities to provide participant support.

Participants will get the opportunity to try a variety of fully inclusive indoor and outdoor activities ranging from yoga, snow shoeing, and swimming to field house activities.

January

FRIDAY 13 | 6PM - 8PM

CARDIO & CORE

LOCATION: TCC FITNESS STUDIO

FRIDAY 20 | 6PM - 8PM

INTRO INTO WEIGHT TRAINING

LOCATION: TCC FITNESS STUDIO

FRIDAY 27 | 6PM - 8PM

YOGA

LOCATION: TCC FITNESS STUDIO

February

FRIDAY 3 | 6PM - 8PM

SPIN CYCLING

LOCATION: TCC SPIN STUDIO

FRIDAY 10 | 6PM - 8PM

STRENGTH & STRETCH

LOCATION: TCC FITNESS STUDIO

FRIDAY 17 | 6PM - 8PM

CHAIR FITNESS CLASS

LOCATION: TCC FITNESS STUDIO

FRIDAY 24 | 6PM - 8PM

INTRO TO KETTLEBELL TRAINING

LOCATION: TCC FITNESS STUDIO

March

FRIDAY 3 | 6PM - 8PM

SHARE YOUR HEALTH & FITNESS SKILLS

LOCATION: TCC FITNESS STUDIO

FRIDAY 10 | 6PM - 8PM

CARDIO & CORE

LOCATION: TCC FITNESS STUDIO

FRIDAY 17 | 6PM - 8PM

YOGA

LOCATION: TCC FITNESS STUDIO

FRIDAY 24 | 6PM - 8PM

SPIN CYCLING

LOCATION: TCC SPIN STUDIO

FRIDAY 31 | 6PM - 8PM

STRENGTH & STRETCH

LOCATION: TCC FITNESS STUDIO

Please bring indoor shoes, wear comfortable workout clothing, bring a water bottle and a towel.

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Social Media



Volunteer
WITH US!



Thank-you
TO OUR SUPPORTERS

