

Registered Fitness Classes

AQUATICS

Learn to Swim 1

8 wks / \$65

Sept. 18 M 6:30-7:20 pm
 Sept. 18 M 7:30-8:20 pm
 Sept. 18 M 8:30-9:20 pm
 Sept. 19 T 6:30-7:20 pm
 Sept. 20 W 6:30-7:20 pm
 Sept. 21 TH 6:30-7:20 pm
 Sept. 21 TH 7:30-8:20 pm
 Sept. 21 TH 8:30-9:20 pm

Learn to Swim 2

8 wks / \$65

Sept. 19 T 8:30-9:20 pm
 Sept. 20 W 7:30-8:20 pm

Swim 3

8 wks / \$65

Sept. 22 F 4:30-5:20 pm
 Sept. 22 F 5:30-6:20 pm

Swim 4

8 weeks / \$65

Sept. 22 F 6:30-7:20 pm

Swim 5

8 wks / \$65

Sept. 22 F 7:30-8:20 pm

Stroke Improvement

8 wks / \$65

Sept. 19 T 7:30-8:20 pm
 Sept. 20 W 8:30-9:20 pm

Masters Swim/Triathlon Training

12 wks / \$100, Student / \$140, Non-student

Sept. 11 M 3-4 pm
 Sept. 12 T 2-3 pm
 Sept. 13 W 3-4 pm
 Sept. 14 TH 2-3 pm
 Sept. 15 F 3-4 pm

There will be no class on Monday, Oct. 12

Masters Swim/Triathlon Training/Bridging Classes

5 wks / \$60, Student / \$80, Non-student

Dec. 12 T 2-3 pm
 Dec. 13 W 3-4 pm
 Dec. 14 TH 2-3 pm

Learn to Scuba Dive

7 wks / \$340, Student / \$390, Non-student

Sept. 19 T 7-11 pm

Register at the Hart House Hub. Classes are at the Athletic Centre, Room 302, Benson Building

Try Scuba Diving

1 session / \$40, Student / \$60, Non-student

Sept. 19 T 7-11 pm

Try Scuba Diving

1 session / \$40, Student / \$60, Non-student

Oct. 10 T 7-11 pm

Try Scuba Diving

1 session / \$40, Student / \$60, Non-student

Oct. 24 T 7-11 pm

Try Scuba Diving

1 session / \$40, Student / \$60, Non-student

Nov. 14 T 7-11 pm

BODY AWARENESS

Mitzvah Technique

8 wks / \$70 / Toshie Okabe

Sept. 21 TH 12:10-1 pm

Pilates I Mat Class

10 wks / \$70

Sept. 18 M 5:10-6 pm Martin Phills
 Sept. 19 T 4:30-5:20 pm Martin Phills
 Sept. 20 W 8:10-9 am Melissa Mazzucco
 Sept. 21 TH 1:10-2 pm Martin Phills
 Sept. 21 TH 6:10-7 pm Martin Phills
 Sept. 22 F 11:10 am-12 pm TBA

Pilates II Mat Class

10 wks / \$70 / Martin Phills

Sept. 19 T 5:30-6:20 pm

Pilates I Mat Class bridging classes

6 wks / \$45

Nov. 30 TH 1:10-2 pm Martin Phills
 Nov. 30 TH 6:10-7 pm Martin Phills

Pilates II Mat Class bridging classes

6 wks / \$45 / Martin Phills

Nov. 28 T 5:30-6:20 pm

PERSONAL FITNESS

Individual Strength / Fitness Consultation / \$30

Personal Training Fees for Students:

3 sessions: \$160; 6 sessions: \$285;
 10 sessions: \$430

Small Group Training (2-3) for Students

3 sessions: \$240; 6 sessions: \$420;
 10 sessions: \$600

Personal Training:

3 sessions: \$180; 6 sessions: \$330;
 10 sessions: \$500

Small Group Training (2-3)

3 sessions: \$300; 6 sessions: \$540;
 10 sessions: \$800

Functional Fitness (Beginner)

12 wks / 2 sessions per week / \$140, Student /

\$180, Non-student / Alicia Brown

Sept. 19 T & TH 8-8:40 am

Functional Fitness Plus

12 wks / 2 sessions per week / \$140, Student /

\$180, Non-student / TBA

Sept. 18 M & W 8-8:40 am

Functional Fitness Plus

12 wks / 2 sessions per week / \$140, Student /

\$180, Non-student / Greg Yerashotis

Sept. 18 M & W 12:10-12:50 pm

Functional Fitness (Women Only)

12 wks / 2 sessions per week / \$140, Student /

\$180, Non-student / Alicia Brown

Sept. 19 T & TH 12:10-12:50 &

PILATES REFORMER

Personal Training Student Fee

3 sessions: \$160; 6 sessions: \$285;

10 sessions: \$430

Small Group Training (2-3) for Students

3 sessions: \$240; 6 sessions: \$420;

10 sessions: \$600

Personal Training:

3 sessions: \$180; 6 sessions: \$330;

10 sessions: \$500

Small Group Training (2-3)

3 sessions: \$300; 6 sessions: \$540;

10 sessions: \$500

YOGA

Hatha - Beginner

10 wks / \$75

Sept. 18 M 6:10-7:25 pm Ada Wight

Sept. 20 W 6:10-7:25 pm Rachel Smith

Hatha - Beginner/Intermediate

10 wks / \$75 / Ada Wight

Sept. 18 M 7:35-8:50 pm

Hatha - Intermediate

10 wks / \$75 / Rachel Smith

Sept. 20 W 7:35-8:50 pm

Yoga

10 wks / \$75

Sept. 18 M 12:35-1:50 pm Rachel Smith

Sept. 19 T 8:10-9:25 am Steven Henderson

Sept. 19 T 12:10-1:25 pm Steven Henderson

Sept. 22 F 2:45-4:00 pm Rachel Smith

Yoga

10 wks / \$75 / Rachel Smith

Sept. 21 TH 10:10-11:25

Yoga

10 wks / \$75 / Steven Henderson

Sept. 21 TH 8:10-9:25 am

Yoga - Vinyasa Flow

10 wks / \$65 / Susan Armel

Sept. 20 W 12:10-1 pm

Ashtanga II

10 wks / \$75 / Scott Fech

Sept. 21 TH 4:30-5:45 pm

Ashtanga

10 wks / \$75

Sept. 18 M 11:10 am–12:25 pm Mattieu deCareye
Sept. 20 W 10:45 am–12 pm Morgan Cowie
Sept. 20 W 4:30–5:45 pm Scott Fech
Sept. 22 F 12:10–1:25 pm Annyen Lam

DANCE

Contemporary I

9 wks / \$72 / TBD

Sept. 19 T 6:10–7 pm
Sept. 22 F 12:10–1 pm

Contemporary II

9 wks / \$72 / TBD

Sept. 19 T 5:10–6 pm

Hip Hop I

9 wks / \$72 / TBD

Sept. 18 M 4:10–5 pm
Sept. 20 W 7:10–8 pm
Sept. 22 F 4:10–5 pm

Street Jazz

9 wks / \$72 / TBD

Sept. 18 M 5:10–6 pm

Jazz

9 wks / \$72 / TBD

Sept. 22 F 5:10–6 pm

Ballet I

9 wks / \$115 / Portia Wade

Sept. 18 M 11:10 am–12:30 pm

Ballet Barre Bootcamp

9 wks / \$100 / Portia Wade

Sept. 20 W 2:10–3:30 pm

Ballet I/II

9 wks / \$115 / Portia Wade

Sept. 18 M 12:40–2 pm
Sept. 22 F 2:10–3:30 pm

Ballet Repertoire

9 wks / \$115 / Portia Wade

Sept. 21 TH 2:10–3:30 pm

Ballroom I

9 wks / \$72

Sept. 21 TH 9:10–10 pm Suzette Risto
Sept. 22 F 7:10–8 pm Mandy Epprecht
Sept. 23 SA 6:10–7 pm Mandy Epprecht

Latin Nightclub I

9 wks / \$72

Sept. 21 TH 8:10–9 pm Suzette Risto
Sept. 22 F 6:10–7 pm Mandy Epprecht

Salsa – Cha Cha

9 wks / \$72 / Mandy Epprecht

Sept. 22 F 8:10–9 pm

Salsa

9 wks / \$72 / Mandy Epprecht

Sept. 23 SA 7:10–8 pm

Belly Dance I

10 wks / \$75 / Joanne Camilleri

Sept. 20 W 11:10 am–12 pm

Belly Dance Fusion

10 wks / \$75 / Joanne Camilleri

Sept. 22 F 11:10 am–12 pm

International Dance – Waltz

9 wks / \$72 / Mandy Epprecht

Sept. 21 TH 5:10–6 pm

Dance Fitness

9 wks / \$72 / Mandy Epprecht

Sept. 21 TH 6:10–7 pm

SQUASH

Squash Level I, Session I

5 wks / \$60

Sept. 18 M 6:20–7 pm
Sept. 18 M 7–7:40 pm
Sept. 19 T 12:20–1 pm
Sept. 19 T 1–1:40 pm
Sept. 20 W 6:20–7 pm
Sept. 20 W 7–7:40 pm
Sept. 20 W 7:40–8:20 pm

Squash Level I, Session II

5 wks / \$60

Nov. 6 M 6:20–7 pm
Nov. 6 M 7–7:40 pm
Nov. 7 T 12:20–1 pm
Nov. 7 T 1–1:40 pm
Nov. 8 W 6:20–7 pm

Squash Level II, Session I

5 wks / \$60

Sept. 18 M 7:40v8:20 pm

Squash Level II, Session II

5 wks / \$60

Nov. 6 M 7:40–8:20 pm
Nov. 8 W 7:00–7:40 pm

ARCHERY

Archery – Level I,

5 wks / \$75 / Paulina/Eurico

Session I

Sept. 18 M 5:10–6 pm
Sept. 18 M 6:10–7 pm
Sept. 18 M 7:10–8 pm
Sept. 18 M 8:10–9 pm

Session II

Nov. 6 M 5:10–6 pm
Nov. 6 M 6:10–7 pm
Nov. 6 M 7:10–8 pm
Nov. 6 M 8:10–9 pm

Archery – Level II

5 wks / \$90 / Paulina/Eurico

Session I

Sept. 20 W 5:10–6:40 pm
Sept. 20 W 6:50–8:20 pm

Session II

Nov. 1 W 5:10–6:40 pm
Nov. 1 W 6:50–8:20 pm

MARTIAL ARTS

Jiu Jitsu

12 wks / 2 sessions per week / \$95 / Kia Dunn

Sept. 19 T 2:30–4 pm
Sept. 23 SA 3:15–4:45 pm

Judo

Demo: Tuesday, Sept. 12, 6 pm

Judo – Beginner

12 wks / 2 sessions per week / \$110 /

Jorge Comrie

Sept. 19 T 6:30–8 pm
Sept. 23 SA 12–1:30 pm

Class will run on Thanksgiving weekend

Judo – Intermediate

12 wks / 2 sessions per week / \$120

Izidor Marinovic

Sept. 19 T 8–10 pm
Sept. 23 SA 1:30–3 pm

Class will run on Thanksgiving weekend

Judo – Advanced

12 wks / \$80 / Bernard Letendre

Sept. 21 TH 7–9 pm

T'ai Chi Ch'uan Novice I (postures 1 – 9)

9 wks / \$70 / Philip Mo

Sept. 20 W 12:10–1 pm

T'ai Chi Ch'uan Novice I & II (postures 1 – 9 & 10 – 25)

9 wks / \$70 / Philip Mo

Sept. 20 W 6:10–7 pm

Shaolin Kung Fu

10 wks / 2 sessions per week / \$95

Sept. 18 M 9:10–11 pm
Sept. 21 TH 9:10–11 pm

Tae Kwon Do – Intermediate/Advanced

10 wks / 2 sessions per week / \$95

Sept. 20 W 9:10–10 pm Doyun Kim
Sept. 23 SA 5:10–6 pm William Rodgers

Tae Kwon Do – Competitive Training Group

10 wks / 2 sessions per week / \$95 /

William Rodgers

Sept. 19 T 10:10–11 pm
Sept. 23 SA 6:10–8 pm

Tae Kwon Do – Beginner

10 wks / \$70 / Doyun Kim

Sept. 22 F 6:10–7 pm

Naginata

12 wks / 2 sessions per week / \$30 / Mary-Kate Proud

Sept. 20 W 10:10–11 pm
Sept. 24 SU 10:10 am–12 pm

CYCLE FIT

10 wks / \$95 / (No classes on Thanksgiving / Oct. 9)

Mon. classes: Sept. 18: 12:10, 5:10 & 6:10 pm
Tues. classes: Sept. 19: 8:10 am, 12:10 & 6:10 pm
Wed. classes: Sept. 20, 7:10 am, 12:10 & 6:10 pm
Thurs. classes: Sept. 21, 7:30 am, 12:10 & 6:10 pm
Fri. classes: Sept. 22, 12:10

Flex pass – 6 weeks (No class Boxing Day)

Mon. classes: Dec. 4: 12:10 & 5:10 pm
Tues. classes: Nov. 28: 12:10 pm
Wed. classes: Nov. 29: 12:10 & 6:10 pm
Thurs. classes: Nov. 30: 6:10 pm

REGISTRATION

Registration is available for U of T students and Hart House Members only. Membership and registration information can be accessed:

In person: Information Hub

Phone: 416.978.2452

Email: inquiries@harthouse.ca

Online: www.harthouse.ca/fitness

CODE GUIDE

M Monday
T Tuesday
W Wednesday
TH Thursday
F Friday
SA Saturday
SU Sunday