

# Registered Fitness Classes

## Winter 2018

### AQUATICS

#### Learn to Swim 1

8 wks / \$65

Jan. 15 M 6:30–7:20 pm  
 Jan. 15 M 7:30–8:20 pm  
 Jan. 15 M 8:30–9:20 pm  
 Jan. 16 T 6:30–7:20 pm  
 Jan. 17 W 6:30–7:20 pm  
 Jan. 18 TH 6:30–7:20 pm  
 Jan. 18 TH 7:30–8:20 pm  
 Jan. 18 TH 8:30–9:20 pm

#### Learn to Swim 2

8 wks / \$65

Jan. 16 T 8:30–9:20 pm  
 Jan. 17 W 7:30–8:20 pm

#### Swim 3

8 wks / \$65

Jan. 19 F 4:30–5:20 pm  
 Jan. 19 F 5:30–6:20 pm

#### Swim 4

8 weeks / \$65

Jan. 19 F 6:30–7:20 pm

#### Swim 5

8 wks / \$65

Jan. 19 F 7:30–8:20 pm

#### Stroke Improvement

8 wks / \$65

Jan. 16 T 7:30–8:20 pm  
 Jan. 17 W 8:30–9:20 pm

#### Masters Swim

12 wks / \$100

Jan. 15 M 3–4 pm  
 Jan. 16 T 2–3 pm  
 Jan. 17 W 3–4 pm  
 Jan. 18 TH 2–3 pm  
 Jan. 19 F 3–4 pm

*No classes Reading Week (Feb. 20–23) or March 30 (Good Friday)*

#### Learn to SCUBA

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

Jan. 9 T 7–11 pm

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

*No class Feb. 20, Reading Week*

#### Standard First Aid – Full Course

\$130 / Mike Spina

Jan. 27 & 28 SA & SU 9–5 pm  
 Mar 3 & 4 SA & SU 9–5 pm

#### Standard First Aid – Recertification

\$80 / Mike Spina

Feb 25 SU 9-5pm  
 Apr 29 SU 9-5pm

#### National Lifeguard – Recertification

\$80 / Mike Spina

Feb. 11 SU 9–3pm  
 Apr. 15 SU 9–3pm

### BODY AWARENESS

#### Mitzvah Technique

8 wks / \$70 / Toshie Okabe

Jan. 18 TH 12:10–1 pm

#### Pilates I Mat Class

10 wks / \$70

Jan. 15 M 5:10–6 pm Martin Phills  
 Jan. 16 T 4:30–5:20 pm Martin Phills  
 Jan. 17 W 8:10–9 am Melissa Mazzucco  
 Jan. 18 TH 6:10–7 pm Martin Phills  
 Jan. 19 F 11:10 am–12 pm Melissa Mazzucco

#### Pilates II Mat Class

10 wks / \$70 / Martin Phills

Jan. 16 T 5:30–6:20pm Martin Phills  
 Jan. 18 TH 1:10–2 pm Martin Phills

#### Learn to Run a 5K

11 wks / \$40 / Dragana Javorina

Jan. 15 M 6–7:30 pm & W 4-5:30 pm

#### Learn to Run a 5K

11 wks / \$20 / Dragana Javorina

Jan. 15 M 4–5 pm

#### MoveU Weight Management 101

7 wks / \$20

Jan. 15 M 5–6 pm

### PERSONAL FITNESS

#### Individual Strength / Fitness Consultation

Student, \$30

#### Personal Training 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

12 wks / 2 sessions per week / \$140

Jan. 15 M & W 8–8:40 am Warren Bathie  
 Jan. 15 M & W 12:10–12:50 pm Greg Yerashotis

#### Functional Fitness (Beginner)

12 wks / 2 sessions per week / \$140 / Alicia Brown

Jan. 16 T & TH 8–8:40 am

#### Functional Fitness (Women Only)

12 wks / 2 sessions per week / \$140 / Alicia Brown

Jan. 16 T & TH 12:10–12:50 pm

### PILATES REFORMER

#### Personal Training Student

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

### YOGA

#### Hatha/Ashtanga Style I

10 wks / \$75 / Ada Wight

Jan. 15 M 6:10–7:25pm

#### Hatha/Ashtanga Style II

10 wks / \$75 / Ada Wight

Jan. 15 M 7:35–8:50pm

#### Yoga I

10 wks / \$75

Jan. 15 M 11:10 am–12:25 pm Taryn

Diamond

Jan. 15 M 12:35–1:50 pm Rachel Smith  
 Jan. 16 T 8:10–9:25 am Steven Henderson  
 Jan. 16 T 12:10–1:25 pm Steven Henderson  
 Jan. 17 W 10:45 am–12 pm Taryn Diamond  
 Jan. 17 W 4:30–5:45 pm Scott Fech  
 Jan. 17 W 6:10–7:25 pm Rachel Smith  
 Jan. 18 TH 8:10–9:25 am Steven Henderson  
 Jan. 18 TH 10:10–11:25 am Rachel Smith  
 Jan. 19 F 12:10–1:25 pm Annyen Lam  
 Jan. 19 F 2:45–4 pm Rachel Smith

#### Yoga II

10 wks / \$75

Jan. 17 W 7:35–8:50 pm Rachel Smith  
 Jan. 18 TH 4:30–5:45 pm Scott Fech

#### Yoga – Vinyasa Flow

10 wks / \$65 / Susan Armel

Jan. 17 W 12:10–1 pm

## DANCE

### Contemporary I

9 wks / \$75 / Chelsea Ferrando  
Jan. 16 T 6:10–7 pm

### Contemporary II

9 wks / \$75 / Chelsea Ferrando  
Jan. 16 T 5:10–6 pm

### Hip Hop I

9 wks / \$75  
Jan. 15 M 4:10–5 pm / Dorian Grant  
Jan. 17 W 7:10–8 pm / Maria Aquino

### Street Jazz

9 wks / \$75 / Alexandra Peckham  
Jan. 15 M 5:10–6 pm

### Ballet I

9 wks / \$115 / Portia Wade  
Jan. 15 M 11:10 am–12:30 pm

### Ballet Barre Bootcamp

9 wks / \$100 / Portia Wade  
Jan. 17 W 2:10–3:30 pm  
Jan. 18 TH 2:10–3:30 pm  
Jan. 19 F 2:10–3:30 pm

### Ballet II

9 wks / \$115 / Portia Wade  
Jan. 15 M 12:40–2 pm

### Ballroom I

9 wks / \$75 / Suzette Risto  
Jan. 18 TH 9:10–10 pm

### Jive/Swing

9 wks / \$75 / Mandy Epprecht  
Jan. 19 F 7:10–8 pm

### Next Steps Ballroom

9 wks / \$75 / Mandy Epprecht  
Jan. 20 SA 6:10–7 pm

### Ballroom II

9 wks / \$75 / Suzette Risto  
Jan. 18 TH 10:10–11 pm

### Next Steps Latin

9 wks / \$75 / Mandy Epprecht  
Jan. 19 F 6:10–7 pm

### Salsa

9 wks / \$75 / Mandy Epprecht  
Jan. 19 F 8:10–9 pm

### Salsa Level II

9 wks / \$75 / Mandy Epprecht  
Jan. 20 SA 7:10–8 pm

### Belly Dance

10 wks / \$75 / Joanne Camilleri  
Jan. 17 W 11:10 am–12 pm

### Belly Dance Fusion

10 wks / \$75 / Joanne Camilleri  
Jan. 19 F 11:10 am–12 pm

### Dance Dance Dance

9 wks / \$75 / Mandy Epprecht  
Jan. 18 TH 6:10–7 pm

## SQUASH

### Squash Level I, Session I

5 wks / \$60  
Jan. 8 M 6:20–7 pm  
Jan. 8 M 7–7:40 pm  
Jan. 10 W 6:20–7 pm  
Jan. 10 W 7–7:40 pm  
Jan. 10 W 7:40–8:20 pm

### Squash Level I, Session II

5 wks / \$60  
Feb. 26 M 6:20–7 pm  
Feb. 26 M 7–7:40 pm  
Feb. 28 W 6:20–7 pm

### Squash Level II, Session I

5 wks / \$60  
Jan. 8 M 7:40–8:20 pm

### Squash Level II, Session II

5 wks / \$60  
Feb. 26 M 7:40–8:20 pm  
Feb. 28 W 7:00–7:40 pm

## ARCHERY

### Archery – Level I,

5 wks / \$75  
**Session I**  
Jan. 8 M 5:10–6 pm  
Jan. 8 M 6:10–7 pm  
Jan. 8 M 7:10–8 pm  
Jan. 8 M 8:10–9 pm

### Session II

Feb. 26 M 5:10–6 pm  
Feb. 26 M 6:10–7 pm  
Feb. 26 M 7:10–8 pm  
Feb. 26 M 8:10–9 pm

### Archery – Level II,

5 wks / \$90  
**Session I**  
Jan. 10 W 5:10–6:40 pm  
Jan. 10 W 6:50–8:20 pm  
**Session II**  
Feb. 28 W 5:10–6:40 pm  
Feb. 28 W 6:50–8:20 pm

## MARTIAL ARTS

### Jiu Jitsu

12 wks / 2 sessions per week / \$95  
Kia Dunn  
Jan. 16 T 2:30–4 pm  
Jan. 20 SA 2:45–4:45 pm

### Judo

Demo: Tuesday, Jan. 9, 6:30 pm

### Judo – Beginner

12 wks / 2 sessions per week / \$110 /  
Jorge Comrie  
Jan. 16 T 6:30–8 pm  
Jan. 20 SA 11 am–12:30 pm

### Judo – Intermediate

12 wks / 2 sessions per week / \$120  
Izidor Marinovic  
Jan. 16 T 8–10 pm  
Jan. 20 SA 12:30–2 pm

### Judo – Advanced

12 wks / \$80 / Bernard Letendre  
Jan. 18 TH 7–9 pm

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

9 wks / \$70 / Philip Mo  
Jan. 17 W 12:10–1 pm

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

9 wks / \$70 / Philip Mo  
Jan. 17 W 6:10–7 pm

### Shaolin Kung Fu

10 wks / 2 sessions per week / \$95  
Jan. 15 M 9:10–11 pm  
Jan. 18 TH 9:10–11 pm

### Tae Kwon Do – Intermediate/Advanced

10 wks / 2 sessions per week / \$95 /  
Doyun Kim & William Rodgers  
Jan. 17 W 9:10–10 pm  
Jan. 20 SA 5:10–6 pm

### Tae Kwon Do – Competitive Training Group

10 wks / 2 sessions per week / \$95 /  
William Rodgers  
Jan. 16 T 10:10–11 pm  
Jan. 20 SA 6:10–8 pm

### Tae Kwon Do – Beginner

10 wks / \$70 / Doyun Kim  
Jan. 19 F 8:10–9 pm

### Naginata

12 wks / 2 sessions per week / \$40 / TBD / Mary  
Kate Proud  
Jan. 17 W 10:10–11 pm  
Jan. 21 SU 10:10 am–12 pm

## CYCLE FIT

10 wks / \$95 / (No classes Reading Week – Feb.  
19–23)

Mon. classes: Jan. 15: 12:10, 5:10 & 6:10 pm  
Tues. classes: Jan. 16: 8:10 am, 12:10 & 6:10 pm  
Wed. classes: Jan. 17: 7:10 am, 12:10 & 6:10 pm  
Thurs. classes: Jan. 18, 7:30 am, 12:10 & 6:10 pm  
Fri. classes: Jan. 19, 12:10

## 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](mailto:inquiries@harthouse.ca)  
Online: [www.harthouse.ca/fitness](http://www.harthouse.ca/fitness)

## CODE GUIDE

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