

Drop-in Fitness Schedule

HartHouse



January 11 to February 21, 2016.

Classes are free for all current U of T students and Hart House Fitness Centre members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:10–8 am Step Basics Amanda / ER	7:10–8 am Super Circuit (II) Amanda / ER	7:10–8 am Super Circuit (IV) Amanda / ER	7:10–8 am Core Fusion Balance (all levels) Amanda / ER	7:10–8 am TMC (all levels) Amanda / ER	10:10–11:25 am Boot Camp (III) Sheela / LG	10:10–11 am Flexibility Fusion (II) Debbie / ER
			10:10 am–11 am Zoomer Fit (all levels) Amanda / ER		11:30 am–12:25 pm Moving Muscle (II) Debbie / ER	11:10 am–12 pm Boot Camp (III) Brittany / ER
			11:10 am–12 pm Zumba® (all levels) Rachel / LG			
12:10–1 pm Hi/Lo Combo (IV) Martin / LG	12:10–1 pm Movin' Muscle (II) Martin / LG	12:10–1 pm Core Fusion Mats and Props (II) Martin / LG	12:10–1 pm Tabata Mash-uP (all levels) Susan / LG	12:10–1 pm Flexibility Fusion (all levels) Edith / LG		12:10–1 pm Nia (all levels) Jennifer / ER
	1:10–2 pm Nia (all levels) Lainie / ER	1:10–2 pm Flexibility Fusion (all levels) Edith / ER		1:10–2 pm Core Plus (III) Martin / ER		
2:10–3 pm Aqua-Fit (all levels) Martin / Pool		2:10–3 pm Aqua-Fit (all levels) Leehe / Pool		2:10–3 pm Aqua-Fit (all levels) Christina / Pool	4:30–5:45pm ABT (III) Maria C / ER	
	4:30–5:25 pm Core Fusion Balance (all levels) Amanda / LG		4:30–5:25 pm Boot Camp (III) Dustin / LG	4:30–5:25 pm Zumba® (all levels) Melissa / LG		
5:10–6:00 pm Boot Camp (III) Dustin / LG	5:30 – 6:00 p.m. Tabata Mash-uP (all levels) Sheela / LG	5:10–6 pm Movin' Muscle (II) Martin / ER				
6:10–6:55 pm Core BT (all levels) Emily / LG	6:10–6:55 pm Zumba® (all levels) Natasha / LG	5:30–6:45 pm Boot Camp (IV) Greg / LG	5:30–6:45 pm Urban Groove (II) Dustin / LG	5:30–6:25 pm Kick'n Cardio (III) Maria C. / LG		
7:10–8 pm Zumba® (all levels) Rachel / ER	7:10–8 pm Step Beyond Basics (II) Dione / ER		7:10–8 pm Step Beyond (IV) Martin / ER			
8:10–9 pm Island Groove (all levels) Dione / ER	8:10–9 pm Flexibility Fusion (all levels) Martin / ER	8:10–9 pm Zumba® (all levels) Rachel / LG				
9:10–10:30pm Urban Groove (IV) Dustin / ER						

Levels

I Basic: Emphasis on learning & technique

II Intermediate: more complex patterns and intensity

III Advanced: May include power & propulsion and/or advanced movement patterns.

IV Master Class: for the highly skilled. May not be suitable for beginners

Rooms

ER: Exercise Room

LG: Lower Gym

AR: Activities Room (lower level)

Notices

• Please check special flyers or

www.harthouse.ca/fitness/drop-in-fitness for changes and updates.

No Classes Monday, February 15, 2016 – Family Day

Non-Cardio Workouts: Strength, flexibility & balance

ABT: Abs, Butt and Thighs! Great lower body training to target those hard-to-work or neglected areas.

Core BT: Core, Butt and Thighs! This class draws upon Pilates techniques designed to target these often-neglected areas.

Core Fusion—Balance: Build stability and strength in your core muscles using techniques adapted from ballet Barre training and Pilates.

Core Fusion—Mats and Props: Incorporates the latest Pilates studio techniques and mat work.

TMC: Total Muscle Conditioning! Using studio resistance equipment, improve your muscular strength, endurance and flexibility.

Core Plus: A fusion of Loaded Movement Training and Pilates using studio resistance equipment to improve muscular strength, endurance and flexibility.

Flexibility Fusion: Take your flexibility to the next level by incorporating Pilates/Yoga/classical techniques to increase range of motion, joint health and wellbeing. Taught by our senior Pilates and Yoga faculty.

Sport Conditioning: Drills & skills

Boot Camp: Speed, agility, balance and co-ordination drills are combined with traditional non-impact choreography and sports-specific movements.

Kick'n Cardio: Aerobics and basic martial arts techniques combine to give you a great overall cardio and muscle-conditioning workout.

Super Circuit: Intervals of high/low cardio and muscle conditioning.

Tabata Mash-uP: This fast-paced, intense workout burns significantly more calories than traditional workouts. Also known as high intensity interval training (HIIT), short bursts of cardio and strength exercises are followed by brief rest periods that provide more results in less time.

Aerobics Mix: Cardio plus toning

Aqua-Fit: An invigorating deep-water workout with all the benefits of a fitness class and no stress on joints! Participants should feel comfortable in deep water with the use of a buoyancy belt.

Hi/Lo Combo: A fun, intense cardio workout combining the latest high and low impact movements, capped off by a core/toning floor segment.

Movin' Muscle: Put more muscle into your cardio to enhance total body fitness. This Loaded Movement Training class uses hand-held weights to optimize and intensify low impact cardio training focusing on muscle, not momentum.

Zumba®: Hypnotic Latin rhythms and easy-to-follow moves fuse in this one-of-a-kind fitness craze. An exciting hour of calorie-burning, body-energizing, awe-inspiring movement with life-long health benefits!

Island Groove: A fusion of African, Caribbean, Urban and Latin rhythms to get your heart pumping and your feet stomping. No previous dance experience required.

Urban Groove: A high energy, jazzy, groovy workout designed to make you sweat with funky moves and cool choreography.

NIA: A spirited workout blending dance, martial arts and yoga. Feel strong, powerful and inspired with this soulful workout.

Step-Beyond: This ain't your mamma's step class! Learn the latest 21st century steps, grooves and moves here!

Zoomer Fit: An original cardio and floor workout designed for the active 55+ participant (all are welcome). Great for maintaining mobility, bone density and heart health and a great complement to our **Aqua-Fit** program.

Schedule and Instructors

Changes, cancellations or instructor substitutions are posted at the Fitness Centre and online at www.harthouse.ca/fitness/drop-in-fitness.

Current Instructors: Amanda Wolfson | Christina DeSouza | Brittany Tierney | Daniella Guerriero | Debbie Sabadash | Dione Mason | Dustin Pym | Emily Heath | Edith Varga | Greg Yerashotis | Jennifer Hicks | Kristina Djokic | Lainie Magidsohn | Leehe Lev | Maria Cappadocia | Melissa Mazzucco | Natasha Dogra | Rachel Fackoury | Sheela Hynes |

Program Supervisor: Martin Phills

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MoveU

Get fit and smart while having fun! [Studies](#) have shown that physical activity plays a role in better grades. MoveU is a partnership between the University of Toronto and ParticipACTION to educate and inspire students about healthy living. Drop-in fitness classes are a great start! Try some new moves with Zumba or Groove Nation, flex some muscle with Boot Camp or Movin' Muscle or chill with NIA and Flexibility Fusion.

Fitness Class Policies and Etiquette

- Arrive on time. For your safety and in consideration of other participants, instructors may deny entry 10 minutes after class start time.
- No bags or coats in the classroom. Day lockers and safe-deposit boxes are available at the Fitness Centre Desk.
- Wear appropriate footwear (running/cross-training/aerobic shoes) in the exercise areas. Bare feet and alternative footwear may be worn during certain classes as suggested by the instructor.
- You are encouraged to modify workouts according to your level and abilities, but please do so without distracting the instructor and the class.
- If you have a question, please ask your instructor or one of our Fitness Centre staff. We are here to help you achieve your full potential!