

# Registered Fitness Classes

## AQUATICS

### Learn to Swim I

6 wks / \$46

May 15 T 6:30–7:20 pm  
May 16 W 7:30–8:20 pm  
May 17 TH 8:30–9:20 pm

### Learn to Swim I

6 wks / \$46

July 3 T 6:30–7:20  
July 4 W 7:30–8:20  
July 5 TH 8:30–9:20

### Learn to Swim II

6 wks / \$46

May 15 T 7:30–8:20 pm  
May 16 W 6:30–7:20 pm  
May 17 TH 7:30–8:20 pm

### Learn to Swim II

6 wks / \$46

July 3 T 7:20–8:20 pm  
July 4 W 6:30–7:20 pm  
July 5 TH 7:30–8:20 pm

### Swim 3

6 wks / \$46

May 16 W 8:30–9:20 pm

### Swim 3

6 wks / \$46

July 4 W 8:30–9:20 pm

### Stroke Improvement

6 wks / \$46

May 15 T 8:30–9:20 pm  
May 17 TH 6:30–7:20 pm

### Stroke Improvement

6 wks / \$46

July 3 T 8:30–9:20 pm  
July 5 TH 6:30–7:20 pm

### Standard First Aid CPR

\$133 / Mike Spina

May 12 & 13 SA & SU 9–5 pm

### Standard First Aid CPR

\$133 / Mike Spina

July 14 & 15 SA & SU 9–5 pm

### Standard First Aid CPR – Recertification

\$82 / Mike Spina

June 24 SU 9–3 pm

### Standard First Aid CPR – Recertification

\$82 / Mike Spina

Aug. 19 SU 9–3 pm

### National Lifeguard – Recertification

\$82 / Mike Spina

June 23 & 24 SU 9–3 pm

### National Lifeguard – Recertification

\$82 / Mike Spina

Aug. 18 & 19 SU 9–3 pm

## BODY AWARENESS

### Pilates I Mat Class

8 wks / \$62

May 8 T 4:30–5:20 pm Martin Phills  
May 9 W 8:10–9 am Melissa Mazzucco  
May 10 TH 1:10–2 pm Martin Phills  
May 10 TH 6:10–7pm Martin Phills

### Pilates II Mat Class

8 wks / \$62 / Martin Phills

May 8 T 5:30–6:20pm

### Pilates I Mat Class

6 wks / \$55 / Martin Phills

July 10 T 4:30–5:20  
July 12 TH 6:10–7:00

### Pilates II Mat Class

6 wks / \$55 / Martin Phills

July 10 T 5:30–6:20

## PERSONAL FITNESS

### Fee for Individual Strength /

**Fitness Consultation (Students):** \$40

### Fees for Personal Training (Students):

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

### Small Group Training (2–3) (Students):

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

### Fees for 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

### Learn to Run a 5km

10 wks / \$40 / TBD

May 9 W 5:10–6 pm

## PILATES REFORMER

### Fees for Personal Training (Students):

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

### Small Group Training (2–3) (Students):

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

10 sessions: \$600

### Fees for 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

### Functional Fitness

12 wks / 2 sessions per week / \$140 / Warren Bathie

May 7 M & W 8–8:40 am

12 wks / 2 sessions per week / \$140 / Greg Yerashotis

May 7 M & W 12:10–12:50 pm

### Functional Fitness (Beginner)

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

May 8 T & TH 8–8:40 am

### Functional Fitness (Women Only)

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

May 8 T & TH 12:10–12:50 pm

## YOGA

### Yoga I

8 wks / \$67

May 7 M 6:10–7:25pm Ada Wight  
May 7 M 12:30–1:50 pm Rachel Smith  
May 7 M 11:10–12:25 pm Maddy White  
May 8 T 8:10–9:25 am Steven Henderson  
May 9 W 6:10–7:25pm Rachel Smith  
May 10 TH 8:10–9:25 am Steven Henderson  
May 10 TH 4:30–5:45 pm Scott Fech  
May 11 F 2:45–4 pm Rachel Smith

### Yoga I

6 wks // \$57

July 16 M 12:30–1:50 pm / Rachel Smith

### Yoga I/II

8 wks / \$67 / Rachel Smith

May 9 W 7:35–8:50 pm

### Yoga I/II

6 wks / \$57 / Rachel Smith

July 4 W 6:10–7:40

### Yoga II

6 wks / \$57

July 5 TH 4:30–5:45 pm / Scott Fech

### Yoga – Vinyasa Flow

8 wks / \$67

May 9 W 12:10 am–1 pm Susan Armel

# HartHouse

# Registered Fitness Classes

## DANCE

### Ballet III

9 wks / \$122 / Portia Wade  
May 7 M 11:10 am–12:30 pm

### Ballet III

6 wks / \$92 / Portia Wade  
July 11 W 11:10–12:30 pm

### Ballet Barre Bootcamp

9 wks / \$122 / Portia Wade  
May 7 M 12:40–2 pm  
May 9 W 2:10–3:30 pm

### Ballet Barre Bootcamp

6 wks / \$92 / Portia Wade  
July 11 W 2:10–3:30 pm

### Ballroom I

9 wks / \$72  
May 10 TH 9:10–10 pm Suzette Risto

### Belly Dance and Belly Dance Fusion

8 wks / \$72 / Joanne Camilleri  
May 9 W 11:10 am–12 pm

### Belly Dance and Belly Dance Fusion

6 wks / \$55 / Joanne Camilleri  
July 11 W 11:10 am–12 pm

### Contemporary I & II

8 wks / \$72 / TBD  
May 8 T 5:10–6 pm

### Contemporary I & II

6 wks / \$55 / TBD  
July 10 T 5:10–6 pm

### Hip Hop I

8 wks / \$72 / TBD  
May 9 W 7:10–8 pm

### Hip Hop I

6 wks / \$55 / TBD  
July 11 W 7:10–8 pm

### Latin Nightclub I

9 wks / \$72  
May 10 TH 8:10–9 pm Suzette Risto

### Latin Nightclub I

6 wks / \$72  
July 12 TH 8:10–9:30 pm Mandy Hanafi

## SQUASH

### Squash Level I

5 wks / \$62 / Liz Cambridge  
May 9 W 6:20–7 pm  
May 9 W 7–7:40 pm  
June 13 W 6:20–7 pm  
June 13 W 7–7:40 pm

### Squash Level II

5 wks / \$62 / Liz Cambridge  
June 13 W 7:40–8:20 pm

## ARCHERY

### Archery – Level I

5 wks / \$77  
May 9 W 5:10–6 pm  
May 9 W 6:10–7 pm  
May 9 W 7:10–8 pm  
June 13 W 5:10–6 pm  
June 13 W 6:10–7 pm  
June 13 W 7:10–8 pm  
July 18 W 5:10–6:00 pm  
July 18 W 6:10–7:00 pm  
July 18 W 7:10–8:00 pm

## MARTIAL ARTS

### Shorinji - Jiu Jitsu

8 wks / 2 sessions per week / \$72 /  
May 8 T 2:30–4 pm  
May 12 SA 2:45–4:45 pm

*Judo – Class will run during long weekends*

### Judo – Intermediate

8 wks / 2 sessions per week / \$82  
May 8 T 7–9 pm  
May 12 SA 12–2 pm  
July 3 T 7–9 pm  
July 7 SA 12–2 pm

### Judo – Advanced

8 wks / \$52 / Bernard Letendre  
May 10 TH 7:10–9 pm  
July 5 TH 7:10–9 pm

### T'ai Chi Ch'uan Novice I

9 wks / \$62 / Philip Mo  
May 9 W 12:10–1 pm

### Tae Kwon Do – Intermediate/Advanced

8 wks / 2 sessions per week / \$62  
May 9 W 9:10–10 pm  
May 5 SA 5:10–6 pm

### Naginata

8 wks / \$37  
May 6 SU 10:10 am–12 pm

### Naginata

6 wks / \$32  
July 8 SU 10:10 am–12 pm

## CYCLE FIT

### Spring (8 weeks) / \$77 + HST

Please note that there will be no classes on Victoria Day or Canada Day

Monday classes – May 7 to July 9

Tuesday classes – May 8 to June 26

Wednesday classes – May 9 to June 27

Thursday classes – May 10 to June 28

### Summer (6 weeks) / \$57 + HST

Please note that there will be no class on the Civic Holiday

Monday classes – July 16 to August 27

Tuesday Classes – July 10 to August 14

Wednesday classes – July 11 to August 15

Thursday classes – July 12 to August 16

The classes will be:

M	12:10 pm	Susan
M	6:10 pm	Virginia
T	8:10 am	Amanda
T	12:10 pm	Rochelle
W	7:10 am	Jana
W	12:10 pm	Amanda
W	6:10 pm	Amy
TH	7:30 am	Heather
TH	12:10 pm	Melissa
TH	6:10 pm	Jana

## 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