

# Drop-in Fitness Schedule

HartHouse



August 13 to September 9, 2018.

Summer fit! Summer Strong!



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 <b>Step Basics</b> (All Levels) Daniella / ER	7:10–8 am <b>Super Circuit</b> (all levels) Amanda / ER	7:10–8 am <b>Body Shock</b> (all levels) Warren / ER	7:10–8 am <b>Core Fusion Balance</b> (all levels) Amanda / ER	7:10–8 am <b>TMC</b> (all levels) Daniella / ER		
	8:10-9 am <b>Cycle-Fit Freedom</b> (all levels) Amanda / CFR	7:10-8 am <b>Cycle-Fit Freedom</b> (all levels) Jana / CFR	7:30-8:20 am <b>Cycle-Fit Freedom</b> (all levels) Heather / CFR	8:10-9 am <b>Boot Camp</b> (all levels) Sheela / LG		
9:10-10 am <b>Boot Camp</b> (all levels) Assata / LG		9:10-10 am <b>LeBarre®</b> (all Levels) Melissa / LG	10:10 am–11 am <b>Zoomer Fit</b> (all levels) Amanda / ER		10:10–11:25 am <b>Boot Camp (III)</b> Sheela / LG	10:10–11 am <b>Flexibility Fusion</b> (all levels) Debbie / ER
10:10 am–11 am <b>Zoomer Fit</b> (all levels) Amanda / ER	10:10-11 am <b>Aqua-Fit</b> (all levels) Emma		10:10-11 am <b>Aqua-Fit</b> (all levels) Emma		11:30 am–12:25 pm <b>Strong By Zumba®</b> (II) Maral / ER	11:10 am-12 pm <b>Boot Camp (III)</b> Celton / ER
	12:10–1 pm <b>Movin' Muscle</b> (II) Martin / LG	12:10–1 pm <b>Core Fusion Mats and Props</b> (II) Martin / LG	12:10–1 pm <b>Tabata Mash-up</b> (all levels) Susan / LG	12:10–1 pm <b>Flexibility Fusion</b> (all levels) Edith / LG		12:10–1 pm <b>Nia</b> (all levels) Jennifer / ER
12:10–1 pm <b>Hi/Lo Combo</b> (IV) Martin / LG	1:10–2 pm <b>Nia</b> (all levels) Lainie / AR	1:10–2 pm <b>Flexibility Fusion</b> (all levels) Edith / ER	1:10–2 pm <b>Zumba®</b> (all levels) Karine / ER	1:10–2 pm <b>Core Plus</b> (III) Martin / ER		
2:10–3 pm <b>Aqua-Fit</b> (all levels) Martin / Pool		2:10–3 pm <b>Aqua-Fit</b> (all levels) Emma / Pool		2:10–3 pm <b>Aqua-Fit</b> (all levels) Christina / Pool		
5:10–6:00 pm <b>Boot Camp</b> (III) Dustin / LG	4:30–5:25 pm <b>Core Fusion Balance</b> (all levels) Amanda / LG	5:10–6 pm <b>Movin' Muscle</b> (II) Martin / ER	4:30–5:25 pm <b>Boot Camp</b> (III) Dustin / LG	4:30–5:25 pm <b>Zumba®</b> (all levels) Melissa / LG	4:30–5:45pm <b>Core BT</b> (III) Celton / LG	
6:05–6:50 pm <b>Core BT</b> (all levels) Sheela / LG	5:30 – 6:00 p.m. <b>Tabata Mash-up</b> (all levels) Sheela / LG	5:30–6:45 pm <b>Boot Camp</b> (IV) Greg / LG	5:30–6:45 pm <b>Street Dance</b> (II) Dustin / LG	5:30 – 6:25 pm <b>Step Beyond I-II</b> (all levels) Kristina / LG		
	6:10–6:55 pm <b>Zumba®</b> (all levels) Karine / LG					
7:10-8 pm <b>World Step</b> (all levels) Dione / ER (Max 30)	7:10–8 pm <b>Interval Challenge</b> (II-III) Chiara / ER		7:10–8 pm <b>Zumba®</b> Sameer ER			
8:10-9 pm <b>Dance Fire</b> (all levels) Dione / ER		8:10–9 pm <b>Zumba®</b> (all levels) Steven / LG				

## 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

**No Fitness classes on September 1, 2, 3 (Labour Day), 2018.**

## Non-Cardio Workouts: Strength, flexibility & balance

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

**Core Fusion—Balance:** Build stability and strength in your core muscles using techniques adapted from Bosu® balance training and Pilates.

**Core Fusion—Mats and Props:** The only drop-in Pilates workout on campus incorporating comprehensive mat work and comprehensive barrel work with your favorite Pilates props.

**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 along with Pilates mat work to improve the core.

**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

**Body Shock:** Energize your day, challenge yourself and have fun during 50-minute HIIT Training class.

**Boot Camp:** Speed, agility, balance and co-ordination drills are combined with traditional non-impact skills 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.

**Outdoor Drills and Skills:** Speed, agility, balance and co-ordination drills are combined with traditional non-impact skills and sports-specific movements, taught on our Back-Campus Field! Offered spring and fall terms.

**Pound®:** Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly powerful workout. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

## 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 (**Zumba® + Weights** adds a resistance training component. **Strong By Zumba®:** Zumba meets HIIT!)

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

**Street Dance:** 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.

**World Step / 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.

## LEBERT TRAINING SYSTEMS

**LeBarre™:** What happens when you combine the grace of ballet, strength training, the balance of yoga and the versatility of the Lebert Equalizer®? You get LeBarre. This class allows you to experience full-body movement with dynamic and continuous sequences that will challenge your muscular endurance, flexibility, and core strength.

**LeHIIT™ + SRT™:** Using the **Lebert Equalizer®**, along with the **Lebert Buddy System™** and **SRT™**, LeHIIT™ combines High Intensity Interval Training using multiple methods of proven-effective, interval training to create a fun and challenging fitness format.

**Current Instructors:** Amanda Wolfson | Assata McKenzie | Celton McGrath | Chiara Cautillo | Christina DeSouza | Daniella Guerriero | Debbie Sabadash | Dione Mason | Dustin Pym | Edith Varga | Emma Zilberman | Greg Yerashotis | Jennifer Hicks | Karine White | Kristina Djokic | Lainie Magidsohn | Maral Sanassian | Melissa Mazzucco | Portia Wade | Sameer Ratti | Sandani Hapuhennedige | Sheela Hynes | Susan Armel | Warren Bathie

**Program Supervisor:** Martin Phills



**MoveU**

**MoveU** helps students understand how physical activity can improve the way they perform in the classroom. At Hart House, we offer a full suite of registered and drop-in fitness classes, personal training and full gym equipment to suit any fitness level or goal.

## 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!