

## September 2018

Free group classes for current U of T students & Hart House Fitness Centre members

September 10 – November 4, 2018.

### MONDAYS

7:10–8 am	Step Basics (All Levels) Daniella / ER
8:10–9 am	Morning Yoga Flow (All Levels) Celton / ER
9:10–10 am	LeHIIT® Boot Camp (All Levels) Assata / ER
10:10 am–11 am	Zoomer Fit (all levels) Amanda W. / ER
10:10 am–11 am	Ballet Fit (I/II) Portia / AR
12:10–1 pm	Hi/Lo Combo (IV) Martin / LG
2:10–3 pm	Aqua-Fit (all levels) Martin / Pool ♿
5:10–6 pm	Boot Camp (III) Dustin / LG
6:05–6:50 pm	Core BT (all levels) Sheela / LG
7:10–8 pm	World Step (all levels) Dione / ER (Max 30)
8:10–9 pm	Dance Fire (all levels) Dione / ER
9:10–10:30pm	Street Dance (IV) Dustin / ER

2:10-3 pm	CoreBT + Barre (all levels) Portia / ER
4:30-5:25 pm	Boot Camp (III) Dustin / LG
5:30-6:45 pm	Street Dance (II) Dustin/ LG
7:10-8 pm	Zumba® (all levels) / Sameer / ER

### FRIDAYS

7:10–8 am	TMC (all levels) Daniella / ER
8:10–9 am	Boot Camp (all Levels) Sheela / LG
12:10-1 pm	Flexibility Fusion (all levels) Edith / LG
1:10–2 pm	Core Plus Pilates (III) Martin / ER
2:10–3 pm	Aqua-Fit (all levels) Sheela / Pool
4:30–5:25 pm	Dance Party (all levels) Steven / LG
5:30–6:25 pm	Step Beyond (I-II) Kristina / LG

### TUESDAYS

7:10–8 am	Super Circuit (all levels) Amanda W. / ER
8:10–9 am	Cycle-Fit Freedom (all levels) Amanda W. / CFR
8:10-9 am	Mindful Moments (all levels) Lauren / ER
10:10–11 am	Aqua-Fit (all levels) Emma / Pool ♿
12:10–1 pm	Movin' Muscle (II) Martin / LG
1:10–2 pm	Nia (all levels) Lainie / ER
4:30–5:25 pm	Core Fusion Balance (all levels) Amanda W./LG
5:30– 6 p.m.	Tabata Mash-uP (all levels) Sheela / LG
6:10–6:55 pm	Zumba® (all levels) Karine / LG
7:10–8 pm	Interval Challenge (II-III) Chiara / ER
8:10–9 pm	Flexibility Fusion (all levels) Martin / ER

### SATURDAYS

9:10-10 am	Morning Yoga Flow Amanda T. / ER
10:10–11:25 am	Boot Camp (III) Sheela / LG
11:30 am–12:25 pm	Strong By Zumba® (II-III) Maral / ER
4:30–5:45pm	Core BT (III) Celton / LG

### SUNDAYS

10:10–11 am	Flexibility Fusion (all levels) Debbie / ER
11:10 am–12 pm	Boot Camp (III) Celton / ER
12:10–1 pm	Nia (all levels)

### WEDNESDAYS

7:10–8 am	Body Shock (all levels) Warren / ER
7:10–8 am	Cycle-Fit Freedom (all levels) Jana / CFR
8:10-9 am	Morning Yoga Flow (all levels) Dione / ER
9:10–10 am	LeBarre® (all Levels) Melissa / LG
12:10–1 pm	Pilates Mats and Props (II/III) Martin / LG
1:10–1 pm	Flexibility Fusion (all levels) Edith / ER
2:10–3 pm	Aqua-Fit (all levels) Emma / Pool ♿
3:10-4 pm	Mindful Moments (all levels) Marie / AR ♿
3:30–4:20 pm	Pound (all levels) Melissa / ER
5:10–6 pm	Movin' Muscle (II) Martin / ER
5:30–6:45 pm	Boot Camp (IV) Greg / LG
8:10–9 pm	Zumba® (all levels) Sandani / LG

### THURSDAYS

7:10–8 am	Morning Yoga Flow (all levels) Amanda W. / ER
7:30–8:20 am	Cycle-Fit Freedom (all levels) Heather / CFR
10:10 am–11 am	Zoomer Fit (all levels) Amanda W. / ER
10:10–11 am	Aqua-Fit (all levels) Emma / Pool ♿
12:10-1 pm	Tabata Mash-uP (all levels) / Susan / LG
1:10-2 pm	Zumba® (all levels) Melissa / 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

**CFR:** Cycle Fit / Reformer Studio (lower level).  
**ER:** Exercise Room  
**LG:** Lower Gym  
**AR:** Activities Room (lower level)  
**BCF:** Back Campus Field (LG – Rain location)

#### Notices

**Please check [harthouse.ca/fitness/drop-in-fitness](http://harthouse.ca/fitness/drop-in-fitness) regularly for fitness class descriptions and schedule changes.**

