

December 2018 | Free group classes for current U of T students & Hart House Fitness Centre members

December 10 - 23, 2018.

MONDAYS

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

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
 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

SATURDAYS

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) – **Nia Class cancelled**
December 23, 2018.

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
 1:10–2 pm Flexibility Fusion (all levels) Edith / ER
 2:10–3 pm Aqua-Fit (all levels) Emma / Pool ♿
 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
 2:10-3 pm CoreBT + Barre (all levels) Portia / 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 regularly for fitness class descriptions and schedule changes.

