

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

December 24, 2018 to Jan 6, 2019.



No Classes Monday, December 24, 2018

No Classes Tuesday, December 25, 2018



WEDNESDAY, December 26, 2018.

12:10–1 pm Pilates Mats and Props (II/III) Martin / LG

THURSDAY, December 27, 2018.

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 &

1:10–2 pm Zumba® (all levels) Melissa / ER

5:30–6:45 pm Boot Camp (III) Dustin / LG

FRIDAY, December 28, 2018

12:10–1 pm Flexibility Fusion (all levels) Edith / LG

1:10–2 pm Core Plus Pilates (III) Martin / ER

5:30–6:25 pm Step Beyond (All Levels) Kristina / ER

SATURDAY, December 29, 2018.

10:10–11:25 am Boot Camp (III) Sheela / LG

SUNDAY, December 30, 2018

10:10–11 am Flexibility Fusion (all levels) Debbie / ER

12:10–1 pm Nia (all levels)



No Classes Monday, December 31, 2018

No Classes Tuesday, January 1, 2019



WEDNESDAY, January 2, 2018.

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

5:10–6 pm Movin' Muscle (II) Martin / ER

5:30–6:45 pm Boot Camp (IV) Greg / LG

THURSDAY, January 3, 2019.

7:10–8 am Morning Yoga Flow (all levels) Amanda W. / ER

7:30–8:20 am Cycle-Fit Freedom (all levels) Heather / CFR

10:10–11 am Zoomer Fit (all levels) Amanda W. / ER

10:10–11 am Aqua-Fit (all levels) Emma / Pool

1:10–2 pm Zumba® (all levels) Melissa / 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 (all levels) / ER

FRIDAY, January 4, 2018.

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 (All Levels) Kristina / ER

SATURDAY, January 5, 2019.

9:10–10 am Morning Yoga Flow (all levels) 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

SUNDAY, January 6, 2019

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)

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.