

**May/June 2019** | Free group classes for current U of T students & Hart House Fitness Centre members  
**May 6 to June 30, 2019.**

## MONDAYS

7:10–8 am Step Basics (All Levels) Amanda / ER  
 8:10–9 am Morning Yoga Flow (All Levels) Celton / ER  
 9:10–10 am LeHIIT® Boot Camp (All Levels) Warren / 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

## 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  
 12:10-1 pm Summer Sweat TMC (II/III) Warren / BCF  
 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

## 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 / AR  
 5:10–6 pm Movin' Muscle (II) Martin / ER  
 5:30–6:45 pm Boot Camp (IV) Laura / 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  
 1:10-1:55 pm Summer Sweat Express (II/III) Emma / BCF  
 2:10-3 pm CoreBT + Barre (all levels) Portia / ER  
 4:40-5:30 pm Boot Camp (III) Dustin / LG

5:35-6:45 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

## 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) / 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) ♿  
**Pool:** Lower Level ♿  
**BCF:** Back Campus Field (TBA – Rain location)

### Notices

- **Tue and Thu Summer Sweat classes (BCF) are cancelled May 14 and 16, 2019 for an event and will return May 21, 2019.**
- **No Classes: May 19, 20, 2019, Victoria Day.**
- **No Classes: June 29, 30, July 1, 2019, Canada Day**

Please check <http://harthouse.ca/fitness/drop-in-fitness> for changes.



## Mind-Body, 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 BT + Barre:** Ready for an all-inclusive core workout? This class is a combination of classical ballet barre techniques and moves from Core BT. Result: A super stimulating workout that strengthens your core while increasing your flexibility!

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

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

**Core Plus Pilates:** 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.

**Morning Yoga Flow:** This vinyasa based class starts slowly and gradually builds into a dynamic flow providing for fluid transitions and continuous movement from posture to posture. This practice builds strength, flexibility, and endurance. Some of the postures and sequences can be a bit challenging, BUT you will leave feeling inspired, centered, and amazing!

**Mindful Moments:** Learn how to find stillness and peace in the midst of your daily routine. Our Mindfulness faculty will guide you through a series of meditation exercises designed to relieve stress, instill calm and lower blood pressure leading towards health in both mind and body.

## Sport Conditioning Drills & Skills

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

**Boot Camp:** A high-intensity workout designed to make you move better with a focus on strength, coordination, speed, and agility; All combined to get you lean and strong.

**Outdoor Drills and Skills:** Speed, agility, balance and coordination 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.

**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.

**TMC:** Total Muscle Conditioning! Using studio resistance equipment, improve your muscular strength, endurance and flexibility.

**Summer Sweat TMC and Summer Sweat Express:** It's a total body blast under the sun! This working is designed to re-energize your day with full body functional training. This class is offered during spring and summer subject to weather conditions.

## 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.

**Ballet Fit (I/II):** Looking for ballet, cardio, yoga and Pilates? This is the perfect class for you. Ballet Fit combines these four techniques to increase full body agility, flexibility, strength and posture.

**Cycle-Fit Freedom (all levels):** Take your cycling experience to the next (fun) level! Participants are led through cycling exercises and drills while exploring techniques that enhance agility and speed. Participants are encouraged to ride at their own pace and enjoy the art of cycling. This group workout is performed on stationary bikes.

**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.

**Dance Party:** A fresh way to end your week, featuring a little Latin, a dash of Urban and sprinkle of K-Pop. No previous dance experience required.

**Hi/Lo Combo:** A fun, intense cardio workout combining the latest high and low impact movements, capped off by a core/toning floor segment.

**Interval Challenge:** Want to increase your agility and strength? Interval Challenge is a perfect workout where participants engage in a combination of high-intensity interval training and cardio without any breaks. Participants aim to complete four consecutive HIIT workouts while strengthening muscles through non-traditional workouts. Sounds fun? Sure is!

**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 contraction, not momentum.

**Nia:** A spirited workout blending dance, martial arts and yoga. Feel strong, powerful and inspired with this soulful workout.

**Step Basics:** This ain't your mamma's step class! Learn the latest 21st century steps, grooves, and moves in this beginner class.

**Street Dance:** Urban dance class with a focus on choreography, style, and performance. Fusing styles like hip hop, popping, house, jazz funk, dancehall, to name a few.

**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.

**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!)

## 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.

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