THIS IS YOUR YEAR TO LEARN TO SWIM OR IMPROVE YOUR STROKE

60+ FREE DROP-IN FITNESS CLASSES OFFERED EACH WEEK

FITNESS CENTRE & POOL
REGISTERED CLASSES
WELLNESS PROGRAMS
MEMBERSHIP & FACILITY INFO

2019/2020

TRAIN
LEARN
CONNECT

GET FIT OUTSIDE OF THE GYM
EXPLORE MORE WELLNESS ACTIVITIES

CELEBRATE HART HOUSE
CENTENNIAL ANNIVERSARY
1919–2019
100 YEARS!
SPRING 2019–SPRING 2020

120
REGISTERED CLASSES

HartHouse FOR YOU
Welcome to the 2019-2020 Hart House Recreation & Wellness Guide. You have picked a good year to be here, as we are turning 100!

Since it opened in 1919, Hart House has brought together students from different colleges, faculties and disciplines, not because of their similar academic pursuits, but because of their shared interest in discovering new facets of their common humanity outside of the classroom. Athletics and recreation have always been an important part of that total Hart House experience. Today, 100 years on, the enthusiasm and excitement for this unique approach to student engagement is still as robust as ever. Apparently, time really does fly when you’re having fun.

Unfortunately, for many years, Hart House did not welcome everyone. Female students were not admitted as full members until 1972. Women had to fight much too long to change something that should never have been an issue.

But we have learned from our past.

Today, as we embark on our 100th Anniversary, Hart House is fully committed to ensuring that every student of this university—regardless of identity, background, or ability—feels welcome at Hart House, and sees themselves, their stories and their priorities reflected in what we do.

For everyone who has ever engaged with the magic that is Hart House, as well as for those who will be encountering Hart House for the first time, I hope our 100th Anniversary year will inspire you to create unforgettable new memories of your own. May we all take sheer delight in the joy of discovering new things about ourselves, each other, and the world we all share. And, may time fly while we do it.

Happy 100th Anniversary to all.

John Monahan
Warden
Open 365 days a year, Hart House has exactly what you need to improve the way you feel, think and learn.

Becoming or staying active is a personal decision and Hart House is here to support any goal you set for yourself.
At Hart House, we think about your health holistically, but not in the yoga and kale sense (although we do have some great yoga classes.) We believe that your emotional, physical, mental and social health are all connected to your overall wellbeing. Our team of trainers, instructors, program developers and staff are here to support you on your journey towards better health.

At Hart House you can explore your body’s needs and its capabilities. You can advance at your own pace and find a sense of community and belonging.

Sign up, drop in and stay as long as you like. Hart House is here for the whole you and for whatever moves you.

Hart House focuses on both health and wellness for everyone. This is not your average gym; it is a community where accomplished athletes train alongside total beginners.
LEARN

Hart House classes are fun and motivating for everyone at every level. Get out of your comfort zone and try something new. Explore your own path towards healthy living.

DROP-IN FITNESS
Free for all Hart House members and current U of T students. No pre-registration required. Class schedule at harthouse.ca/fitness

MIND-BODY, STRENGTH, FLEXIBILITY & BALANCE

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.

Breathe + Stop I Hip Hop Yoga
Take yoga, add hip hop music, refection, knowledge and you’ve got your own yoga mixtape! Relieve stress while you stretch. In this sinful movement based yoga class, participants will flow through postures that will open, stretch and restore them from the inside out. Each class links breath, mediation and movement while linking the mind-body connection over hip hop beats.

Core BT
Core, Butt and Thighs! This class draws upon Pilates techniques and athletic training 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 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, along with Pilates mat work to improve the core, endurance and flexibility.

Flexibility Fusion
Take your flexibility to the next level by incorporating Pilates/yoga/clinical 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!

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 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.

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.

SPORT CONDITIONING DRILLS & SKILLS

Body Shock
Energize your day, challenge yourself and have fun during this 50-minute high intensity interval training (HIIT) class.

FREE & 60+ ON OFFER EACH WEEK

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.

Wellness is a Way of Life
Have you met Warren? He’s the guy glowing with energy and enthusiasm. Perhaps you’ve seen him doing handstands in the gym or running up the steps to Casa Loma? He is passionate about fitness; his own, and especially yours. As a trainer, he appreciates all levels of exercise and specializes in full-body, functional movements to help his clients reach their full potential.

“Long-term Consistency Trumps Short-term Intensity.”
— Bruce Lee

DUSTIN PYM

SPECIAL POWER: Dynamism

ABILITIES: Dance / Group Fitness / Mighty Mouse Strength / Quality over Quantity / Choreography

SPORTS: Dance / Basketball

ACCREDITATIONS: Professional Dancer and Choreographer / canfitpro Group Fitness and Personal Training Specialist / Instructor in kinesiology at U of T / BSc in psychology and biology with theatre minor

Motion for Life
Dustin Pym is a professional dancer and choreographer, personal trainer and movement specialist who loves to blend the art and the science of movement for fitness and life. Whether in martial arts, college basketball or professional dance, Dustin has always been known as a dynamic force. His energy is infectious and he can inspire even the most timid client to dance, jump, lift, and move.

“My Passion is to Inspire Others. To Make a Difference Through Movement, Fitness and Wellness.”
**PERSONAL TRAINERS**

**EMMA ZILBERMAN**

**SPECIAL POWER:** Strength  
**ABILITIES:** Goal Setting / Strength Training / Weight loss / HIIT training / Powerlifting / Nutrition  
**SPORTS:** Powerlifting / Weightlifting / Crossfit  
**ACCREDITATIONS:** BSc (Western University), MSc (UofT), CPTN Certified Personal Trainer, WaterArt Aquafit instructor

**BE HEALTHY AND STRONG**  
Emma Zilberman is a nationally-ranked powerlifter who aims to promote healthy lifestyles through exercise. Emma is passionate about making all clients feel healthy, strong and comfortable in their own skin. She knows how to set realistic goals and can provide an individualized program based on a clients wants and needs. Emma helps motivate all clients to be the best version of themselves!

**“STRONG IS HEALTHY”**

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**100 WELLNESS REWARDS**

100 Wellness Moments is an initiative that is part of Hart House’s 100th Anniversary. Through a series of wellness-related activities that are designed to help motivate you to maintain and improve your well-being, participants will earn reward points towards prizes in celebration of Hart House’s 100th anniversary.

![100 Wellness Rewards Logo](harthouse100.ca)

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### 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 workout is designed to re-energize your day with full body functional training. This class is offered during spring and summer subject to weather conditions.

### 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.

### Street Dance

Urban dance class with a focus on choreography, style, and performance. Fusing styles like hip hop, popping, house, jazz funk and 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!

### 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

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**VITALITY PROGRAMMING**

**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.

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**LEBART 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™ and SRT™, LeHIIT™ combines High Intensity Interval Training using multiple methods of interval training to create a fun and challenging fitness format.

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**DROP IN ACTIVITIES**

- Badminton
- Basketball
- Cricket
- Volleyball
- PickleBall
DIP A TOE OR TAKE THE PLUNGE

HART HOUSE HAS A WIDE RANGE OF AQUATIC CLASSES AND ACTIVITIES FOR EVERY LEVEL

REGISTERED CLASSES
Check schedule for class availability and fees.

• If you’ve never tried to swim before take Learn to Swim
• Are you ready for your first SCUBA exploration? There are classes for beginners or experts.
• You can even play underwater hockey!
• Perfect your butterfly or learn how to dolphin kick with Stroke Improvement

CERTIFICATIONS
Check schedule for class availability and fees.

• The National Lifeguard Course is the only nationally recognized certification program for training lifeguards and you can take it at Hart House.
• Get Your Standard First Aid certificate by learning CPR and developing AED skills

FREE DROP-IN
• Fun, splashy and invigorating deep-water Aqua-Fit workout
UPPER GYM
Encircled by a suspended running track, this bright open space holds cardio equipment and weight machines.

WEIGHT ROOM
Both beginners and seasoned competitors train together at Hart House. The fully equipped weight room includes squat racks, barbells, benches and free weights.

POOL
Hart House Fitness Centre houses a beautiful, 25-yard pool with an art deco skylight. Open swim hours are available throughout the day.

TRACK
Enjoy year-round training that doesn't rely upon the weather. Our indoor suspended running track overlooks the gym.

HART HOUSE AT A GLANCE
→
Your Gym
Open 365 days a year and located on the downtown campus, the Hart House Fitness Centre is free for most University of Toronto students and open to all for membership. Hart House focuses on both health and wellness for everyone. This is not your average gym; it is a community where Olympic athletes train alongside total beginners.

Wellness
Train well for you

Personal Trainers
60+ Drop-in Classes
120 Specialty Classes
How many other places offer theatre, martial arts, arts and dialogue all in the same space?
— Mike, alumnus
Certified in overall wellness and exercise, our trainers will motivate, provide feedback and develop an exercise prescription just for you. Whatever your level of fitness or experience, there is a trainer who can take you further than you've ever gone before.

Find your strengths, define your goals and make it happen with support from one of our personal trainers.

Small Group Training
Get together with friends and team up to train.

Wellness

One-on-One Training
Sessions focused on technique and the achievement of personal fitness goals. These sessions can be booked in three, six, or ten hour-long sessions.

Visit the Fitness Centre Information Desk or call 416-978-2452.
Learn to Swim 1
This class is designed for swimmers who have little or no experience. The class introduces swimmers to the basics of floats, glides and kicking and wearing a life jacket.

Learn to Swim 2
Swimmers use skills taught in the previous level and have participants jumping into deep water and treading for 30 sec. Front crawl and back crawl are introduced in this level.

Learn to Swim 3
Aim for higher distance with your front crawl and back crawl, while completing 50m. Learn how to perform a kneeling dive and whip kick on your back.

Learn to Swim 4
Improve your front crawl technique and learn the mechanics for elementary backstroke. Learn how to perform eggbeater to work on your efficiency treading water.

Learn to Swim 5
Learn how to perform a standing dive while building endurance and trying to perfect your strokes. Push yourself to swim a continuous 300m!

Diving Fitness and Snorkeling
Love to swim and want to stay underwater longer? Enhance your physical fitness and enjoy the freedom of experiencing the underwater world with only a mask, fins and snorkel.

Enriched Air Nitrox Diver
Do you want to extend your bottom time, lessen your surface interval, and maximize every dive?

Stroke Improvement
This course is designed for swimmers who wish to improve upon their existing strokes as well as develop new ones. Learn how to use a pace clock to help design your own workouts and learn the mechanics of the dolphin kick and butterfly technique.

Try SCUBA
This one-night course provides participants with a basic orientation to scuba diving from the safety of the pool.

Welcome Scuba
An introductory Underwater Club experience! This is a 1-evening event for UofT students who currently have a SCUBA diving certification. The event consists of a classroom safety and activity briefing, an underwater challenge to be done on SCUBA, and follow-on social. All SCUBA equipment is included. Participants have the option to join HHUC at the conclusion of the event. Non-refundable. Participants must present a proof of SCUBA certification at the pool.

Learn to SCUBA
This course prepares students for open water dive certification to depths up to 18m/60ft, using a wide array of educational tools, including e-learning, video, classroom discussion, and pool practice. Following the course, both local and international certification options are available.

Master Scuba Diver
Fewer than 2% of scuba divers ever achieve the Master Scuba Diver rating, and Hart House can help you get there.

Masters’ Swim/Triathlon Training
Tired of swimming by yourself? Training for a triathlon? Want to improve your stroke mechanics or your endurance?

SCUBA Underwater Hockey
Offered by the Hart House Underwater Club in partnership with Toronto Underwater Hockey.

Advanced Scuba Diver
Extend your range and develop your skills as you explore the shipwrecks of the Great Lakes region.

FUNCTIONAL FITNESS
Looking to kick start your personal fitness or looking to reach new heights? Then our small group Boot Camp style circuit training class is for you! Group workouts are a great way to motivate yourself through a specialized functional training program created by our personal training team. For more information visit harthouse.ca/fitness

LEARN TO RUN
Hart House offers an 11-week learn-to-run program. Each week covers a different aspect of running form, run training (includes strength and stretching), and other topics of interest to the group. Includes strength training, stretch, drills, and education.

For more information visit harthouse.ca/fitness

SWIMMING AND SCUBA
Graduated levels of instruction plus Master Classes. Hart House now offers First Aid and Aquatic Leadership certification. Take the National Lifeguard Course or re-certify. Learn Standard First Aid with CPR-C and AED skills.

Learn to Swim 1
This class is designed for swimmers who have little or no experience. The class introduces swimmers to the basics of floats, glides and kicking and wearing a life jacket.

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Swimmers use skills taught in the previous level and has participants jumping into deep water and treading for 30 sec. Front crawl and back crawl are introduced in this level.

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For more information visit harthouse.ca/fitness
HEALTH AND FITNESS

Develop postural alignment, get functional fitness, learn to run and much more. Get fit, stay fit and live fit with welcoming group classes in Functional Fitness, Mitzvah, Pilates and more.

Functional Fitness
Looking to kick start your personal fitness or looking to reach new heights, then our small group Boot Camp style circuit training class is for you!

Mitzvah Technique Postural Realignment
The Mitzvah Technique emphasizes proper alignment of the head/neck and spine. Improvements to posture and body awareness can be achieved.

Pilates 1 Mat Class
The Pilates Method focuses on exercises that properly align and physically stretch and flex all muscle groups.

Pilates 2 Mat Class
Built on Pilates I techniques, participants apply the foundational work in an energizing body conditioning routine. You will feel strong and revitalized! Pilates I or previous Pilates experience is required for this course.

Cycle Fit Registered
Get ready to ride and break away from the ordinary as you power through a series of cycling exercises and drills designed to challenge your cardiovascular system and make you sweat!

DANCE

Learn to dance or perfect your moves. Beginner to advance classes in Contemporary, Hip Hop, Street Jazz, Ballet, Ballroom, Latin Nightclub, Salsa, Belly Dance, Jive/Swing and more.

Ballet Barre Bootcamp
A combination of strength, flexibility and cardio - this class works the whole body from head to toe.

Ballet I/ Ballet II / Ballet II
Ballet is a great way to lengthen and strengthen the body while developing a stronger sense of musicality and coordination.

Ballroom I
Move around the floor with your newly acquired skills in the ever-popular dances of Waltz, Tango, Fox trot, Jive and Cha Cha. Partners are preferred, but not required.

Belly Dance
Like Pilates, Belly Dancing is based on the isolation of group muscles and will draw on a full body movement from head to toe.

Belly Dance Fusion
Explore uncensored freedom of expression with this exotic, low impact combination of traditional Middle Eastern Belly Dance.

Contemporary I
In contemporary dance students learn to use their bodies in a variety of ways, and they focus on breathing, posture, and emotional state to establish a mind-body connection.

Contemporary II
In this class we build on the techniques learned in Level I, using more challenging exercises and more complex choreography.

Dance Dance Dance
A high energy, fast paced dance class with the focus on fun and fitness. It’s great for your heart, toning muscles, critical thinking, and your soul! No partners.

Hip Hop I
Hip Hop is one of the fastest growing dance styles of our time and anyone can do it. All it takes is a little work, rhythm and sweat! No experience is required.

Jazz
Learn the essential style of the stage.

Jive/Swing
Over the nine-week course, we will learn steps up to the bronze/silver level of international style and will culminate with a trip to the best dance club in Toronto.

Latin Nightclub
This class is designed to teach you the fundamentals of hot nightclub dances in a fun and easy environment.

Salsa
This is a continuation for students who have previously completed Salsa-Cha Cha, Latin Nightclub or possess a good understanding of the basic patterns of Salsa, including variation...

Street Jazz
Street Jazz is the rawest form of Jazz, blending Jazz and Hip Hop together for an intense workout and expresses the hottest moves seen in the latest music videos.

Salsa and Bachata
A beginner friendly class, incorporating the dance styles of Salsa and Bachata with a focus on social interaction, taught in a group setting. Partners are not required.
**MARTIAL ARTS AND ARCHERY**

Develop skills and focus through Judo, Tae Kwon Do, T’ai chi and more. Join us in our archery range and discover the classic sport. Classes offered at various levels.

**Archery Level 1**
For beginners and experienced archers alike, this course offers an introduction to the sport and the club.

**Archery Level 2**
Continue improving your archery skills with more in-depth lessons building on your individual strengths.

**Capoeira**
Capoeira teaches grace, agility, flexibility, strength and endurance, as well as promoting a healthy relationship with others.

**Judo Advanced**
Judo will be of interest to those seeking self defense techniques, or those wanting a recreational activity to improve strength, balance, coordination, and overall fitness.

**Judo Beginner**
Judo will be of interest to those seeking self defense techniques, or those wanting a recreational activity to improve strength, balance, coordination, and overall fitness.

**Judo Intermediate**
Judo will be of interest to those seeking self defense techniques, or those wanting a recreational activity to improve strength, balance, coordination, and overall fitness.

**Naginata**
This class is dedicated to the practice and study of Atarashii Naginata (Modern Naginata). Students learn the basic striking points, blocks, footwork, and free form sparring.

**Shaolin Kung**
Our classes are developed to face real-world situations primarily geared towards self defense against weapons, single and multiple opponents.

**Shorinji**
Shorinji-Kan is a form of Jiu Jitsu focused on self-defense applications. No previous martial arts experience necessary.

**T’ai Chi Ch’uan Novice I**
T’ai Chi offers a balanced drill to the muscles and joints by means of precise actions which are regulated by the timing of deep breathing (postures 1 - 9).

**T’ai Chi Ch’uan Novice II**
T’ai Chi offers a balanced drill to the muscles and joints by means of precise actions which are regulated by the timing of deep breathing (postures 1-9 and 10 - 25).

**T’ai Chi Ch’uan Novice I/II**
T’ai Chi offers a balanced drill to the muscles and joints by means of precise actions which are regulated by the timing of deep breathing (postures 1-9 and 10 - 25).

**Tae Kwon Do Beginner**
This class is for members of the University of Toronto Tae Kwon Do club that wish to train for and participate in competitive Tae Kwon Do.

**Tae Kwon Do Competitive Training Group**
This class is for members of the University of Toronto Tae Kwon Do club that wish to train for and participate in competitive Tae Kwon Do.

**Tae Kwon Do-Intermediate/Advanced**
This program will provide the participants the opportunity to engage in various sparring techniques, including strategies and self-defense methods.

**Yoga**
Graduated levels of instruction in both Hatha and Ashtanga style yoga.

**Yoga**
This yoga class emphasizes the link between body, breath and mind and respects individual differences.

**Yoga Ashtanga**
Ashtanga Yoga is a dynamic style of yoga where one posture flows into the next to maximize strength, concentration and flexibility.

**Yoga Hatha Style 1**
This class takes an approach to Hatha Yoga which emphasizes the connection between breath and movement.

**Yoga Vinyasa**
A dynamic form of yoga in which one pose flows to the next and is synchronized to the breath. In contrast to Ashtanga, a variety of poses are explored in a non-fixed format.

**ALICIA BROWN**

**SPECIAL POWER:** Inspiration

**ABILITIES:** Running / Nutrition / Setting & Achieving goals

**SPORT:** Track & Field

**ACCREDITATIONS:** Rio 2016 Olympics 400m and relay / 2013 National Champion 400m / CPTN Certified Personal Trainer / BA (Hons) in Communication, Culture and Information Technology (CCIT)

**BE A CHAMPION**
Alicia Brown is an accomplished athlete. She’s run track most of her life and she competed in the Rio Olympics. In addition to all that, Alicia is also an exceptional communicator who has shared some of her wisdom on our blog. Providing guidance and encouragement, Alicia is an inspiration to her clients, leading them to places they never thought they could reach.

“A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS. GET UP AND DO SOMETHING REMARKABLE!”

“**You don’t find this quality of teaching at gym facilities. Hart House is ‘Gym Plus’.” — Molly, ballet student"
YOGA AND PILATES
Both yoga and Pilates can improve balance, breathing, strength and flexibility. Improve your mind-body connection with drop-in sessions, no registration required.

Yoga Vinyasa Flow
A dynamic form of yoga in which one pose flows to the next and is synchronized to the breath. In contrast to Ashtanga, a variety of poses are explored in a non-fixed format.

SQUASH
Squash Level 1
Designed to cover the basics: forehand, backhand, serve, return, rules and basic strategy.

Squash Level 2
A continuation of level I with emphasis on getting the ball out from the backcourt. Volleys and fine tuning the forehand and backhand shots will also be covered.

AMANDA WOLFSON
SPECIAL POWER: Endurance
ABILITIES: Spinning / strength and conditioning / weight loss / balance / injury prevention / older adults / foam roller / BOSU® / ViPR / Yogafit®
SPORTS: Track and field, field hockey, netball and table tennis
ACCREDITATIONS: Strength & conditioning specialist / Yogafit® / Certified Personal Trainer and Group Fitness Specialist / STOTT PILATES® Foam Roller™ certified / Medical assistant diploma

KEEP GOING
Amanda Wolfson has played multiple sports and has worked in a variety of fitness domains from weight loss and weight lifting to Yogafit® and balance training. She understands both the demands of an athlete as well as what challenges a beginner. She helps focus her clients and spurs them on to be their best.

“LIKES TO REFUEL WITH A PROTEIN SHAKE AND ESPRESSO MISTO.”

My involvement with Hart House has definitely added great zest and depth to my U of T student experience.
— Christina, arts student

GROUP FITNESS MENTORSHIP
The Hart House Group Fitness Mentorship Program provides students the opportunity to become Hart House fitness instructors, to broaden and diversify Hart House’s instructional base. We recognize that there is an underrepresentation of Indigenous, black, racialized, trans, nonbinary people and Muslim women in campus fitness.

This program promotes substantive equality by providing these students free group fitness training and certification to increase representation in and access to campus fitness programming.

Join Us
MEMBERSHIP FEES
All University of Toronto students who have paid incidental fees are automatically Hart House members. U of T staff and faculty may join at special rates or enroll in the Joint Membership Plan. We also offer U of T recent grad memberships and community memberships.

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<th>MEMBER TYPE</th>
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<tr>
<td>One Month</td>
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Prices do not include HST. Rates are subject to change. For full pricing details and monthly payment options, visit harthouse.ca/fitness or visit the Information Hub.

JOINT MEMBERSHIP PLAN
Current University of Toronto staff and faculty are eligible to sign up for a joint membership plan providing access to the Hart House Fitness Centre, the Athletics Centre and the Faculty Club at a discounted cost. Contact your departmental human resources representative or business officer to confirm your eligibility to enrol in this subsidized plan.

HEALTHYU
HealthyU is a tri-campus initiative that shines the spotlight on health and well-being as the foundation of academic and personal success. Pay attention to what you eat with our monthly 5-buck Lunch, get motivated to move with our annual Indoor Triathlon, and unwind with any of our Wellness at Hart House programs. Visit us at harthouse.ca to see what’s coming up next

MOVEU
MoveU is a university wide program to help you use physical activity to improve the way you perform in the classroom; get you connected to events, activities and meet new people! Visit moveu.ca to find out more
SERVICES

ROOM BOOKINGS
The Activities Room, Exercise Room, Gym and the Fitness Room are available for reservation by U of T student groups and Hart House members. Registered classes and drop-in classes are also held in these rooms. Visit harthouse.ca/fitness for room availability and more information.

LOCKER SERVICE
Hart House members may use free day lockers or purchase rental lockers. Members must supply their own locks for day lockers. Day lockers are full size, available on a first-come, first-served basis and must be vacated by facility closing time each night. Rental lockers may be purchased at the Information Hub.

TOWEL SERVICE
U of T students may purchase towel service by visiting the Information Hub. Towel service is complimentary with non-student memberships.

RENTAL INFORMATION
Please contact inquiries@harthouse.ca.

HOURS

FITNESS CENTRE

<table>
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<tr>
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<th>SEPTEMBER–JUNE</th>
<th>SUMMER</th>
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<tbody>
<tr>
<td>Monday–Friday</td>
<td>7 am – 11 pm</td>
<td>7 am – 10:30 pm</td>
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<td>Saturday–Sunday</td>
<td>7 am – 9 pm</td>
<td>8 am – 9 pm</td>
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<tr>
<td>Holidays</td>
<td>11 am – 4 pm</td>
<td>11 am – 4 pm</td>
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Please confirm open pool, lane swim and holiday hours at harthouse.ca.

HART HOUSE IS OPEN 365 DAYS A YEAR
On statutory holidays and holiday weekends, registered fitness classes are not held and the drop-in fitness schedule is reduced. For full class information, visit harthouse.ca/fitness.
All members must present their current student card or Hart House membership card at the Fitness Centre front desk upon entry.

LOCATION

VISITOR INFORMATION
Hart House is conveniently accessible via three major TTC subway stations: Museum, St. George and Queen’s Park. Additionally, numerous streetcar and bus routes serve the University of Toronto campus. For additional information, please visit www.ttc.ca, or use the reference map below.
Hart House is open to the public. Membership is required for use of the Fitness Centre, entrance into select events and for participation in Hart House Clubs and Committees.

PARKING
Metered parking is available along Tower Road, King’s College Circle and Hart House Circle.

INFORMATION HUB AND FITNESS DESK
Staff are available on two floors of Hart House to provide directions, event information, fitness space reservations, and membership details.

HART HOUSE
University of Toronto
7 Hart House Circle Toronto, Ontario M5S 3H3

GENERAL INQUIRIES
416.978.2452 / inquiries@harthouse.ca / harthouse.ca

ACCESSIBILITY
Hart House continues to make every effort to facilitate the inclusion of campus and community members with disabilities into all aspects of our facilities and services.
For more information on accessibility at Hart House, visit harthouse.ca/accessibility.

DID YOU KNOW?
Hart House has year-long opportunities to get involved with archery, the Underwater Club and chess. Learn more about at harthouse.ca.
AQUATICS
Learn to Swim 1
8 wks / $70
Sept 23 M 6:30–7:20 pm
Sept 23 M 7:30–8:20 pm
Sept 23 M 8:30–9:20 pm
Sept 24 T 6:30–7:20 pm
Sept 25 W 6:30–7:20 pm
Sept 26 TH 6:30–7:20 pm
Sept 26 TH 7:30–8:20 pm
Sept 26 TH 8:30–9:20 pm
Learn to Swim 2
8 wks / $70
Sept 24 T 8:30–9:20 pm
Sept 25 W 7:30–8:20 pm
Swim 3
8 wks / $70
Sept 27 F 4:30–5:20 pm
Sept 27 F 5:30–6:20 pm
Stroke Improvement
8 wks / $70
Sept 24 T 7:30–8:20 pm
Sept 25 W 3:40–4 pm
Sept 25 W 4:30–5:40 pm
Sept 27 F 11:10–12 pm
Masters Swim/Triathlon Training
12 weeks / 3 sessions per week / Students $100; Non-students $140
Sept 23 M 3–4 pm
Sept 25 W 3–4 pm
Sept 25 W 3–4 pm
Sept 27 F 3–4 pm
Learn Scuba Diving
$340 + GST for Hart House members
$390 + GST for non-Hart House members
Register online or at the Hart House HUB or at the first session – Athletic Centre: Room 302, Benson Building, 7:00pm on Tuesday, September 17, 2019. (bring pen, paper, a bathing suit, towel and combination lock). We recommend signing up early at the HUB – space is limited. Please contact the HUB to see if space is still available if you have not registered before the first night of the course.

BODY AWARENESS
Pilates 1 Mat Class
10 wks / $70
Sept 23 M 5:10–6 pm Martin Philips
Sept 24 T 4:30–5:20 pm Martin Philips
Sept 26 TH 1:10–2 pm Martin Philips
Sept 26 TH 6:10–7 pm Martin Philips
Sept 27 F 11:10–12 pm Melissa Mazzucco
Pilates 2 Mat Class
10 wks / $70 / Martin Philips
Sept 24 T 5:30–6:20 pm
Pilates 1 Mat Bridging Class
5 wks / $45 / Martin Philips
Dec 5 TH 1:10–2 pm
Dec 5 TH 6:10–7 pm
PERSONAL FITNESS
Fee for Individual Strength / Fitness Consultation: $30
Fees for Personal Training (Students): 1 hour
3 sessions: $160; 6 sessions: $285; 10 sessions: $430
Fees for Personal Training (Students): 30 minutes
3 sessions $96; 6 sessions $170; 10 sessions $260
Small Group Training (2–3) (Students):
3 sessions: $240; 6 sessions: $420; 10 sessions: $600
Fees for Personal Training: 1 hour
3 sessions $180; 6 sessions: $330; 10 sessions $500; 20 sessions $900
Fees for Personal Training: 30 minutes
3 sessions $130; 6 sessions $245; 10 sessions $390;
Small Group Training (2–3):
3 sessions $300; 6 sessions: $540; 10 sessions: $800
Pilates Reformer (Students):
3 session: $160; 6 sessions: $285; 10 sessions: $430
Pilates Reformer, Small Group (2-3) (Students):
3 sessions: $240; 6 sessions: $420; 10 sessions: $600
Pilates Reformer:
3 session: $210; 6 sessions: $408; 10 sessions: $645
Pilates Reformer, Small Group (2-3):
3 sessions: $300; 6 sessions: $540; 10 sessions: $800
Functional Fitness (Intermediate):
12 wks / 2 sessions per week / Students: $140; Non-students: $180/ Warren Bathie
Sept 16 M 8–8:40 am
Sept 18 W 8–8:40 am
Functional Fitness (Beginner):
12 wks / 2 sessions per week / Students: $140; Non-students: $180/ Warren Bathie
Sept 16 M 12:10–12:50 pm
Sept 18 W 12:10–12:50 pm
Functional Fitness (Beginner-Women-only):
12 wks / 2 sessions per week / Students: $140; Non-students: $180/ Alicia Brown
Sept 17 T 8–8:40 am
Sept 19 TH 8–8:40 am
Functional Fitness (Women Only):
12 wks / 2 sessions per week / Students: $140; Non-students: $180/ Alicia Brown
Sept 17 T 12:10–12:50 pm
Sept 19 TH 12:10–12:50 pm
YOGA
Yoga 1
10 wks / $75
Sept 23 M 12:35–1:50 pm Rachel Smith
Sept 23 M 6:10–7:25 pm Ada Wright
Sept 23 M 7:35–8:50 pm Ada Wright
Sept 24 T 12:10–1:25 pm Steven Henderson
Sept 25 W 6:10–7:25 pm Rachel Smith
Sept 26 TH 10:10–11:25 pm Rachel Smith
Sept 27 F 2:45–4 pm Rachel Smith
Ashtanga Yoga 1
10 wks / $75
Sept 23 M 11:10–12:25 pm Maddie
Sept 25 W 10:45 am–12 pm Maddie
Sept 25 W 4:30–5:45 pm Scott Fech
Sept 27 F 12:10–1:25 pm Annyen Lam
Ashtanga Yoga 2
10 wks / $75 / Scott Fech
Sept 26 TH 4:30–5:45 pm Scott Fech
Yoga – Vinyasa Flow
10 wks / $67
Sept 25 W 12:10 am–1 pm Susan Arkel
DANCE
Ballet 1
9 wks / $122 / Portia Wade
Sept 23 M 11:10 am–12:30 pm
Ballet 1 & 2
9 wks / $122 / Portia Wade
Sept 23 M 12:40–2 pm
Sept 27 F 2:10–3:30 pm
Ballet Barre Bootcamp
9 wks / $122 / Portia Wade
Sept 25 W 2:10–3:30 pm
Ballroom 1
9 wks / $75
Sept 26 TH 9:10–10 pm Suzette Risto
Sept 27 F 7:10–8 pm Mandy Epprecht
Sept 22 SA 6:10–7 pm Mandy Epprecht
Belly Dance Fusion
9 wks / $75 / Joanne Camilleri
Sept 25 W 11:10 am–12 pm
Contemporary 1
9 wks / $75
Sept 24 T 6:10–7 pm Natalie
Sept 27 F 12:10–1 pm Natalie
Contemporary 2
9 wks / $75
Sept 24 T 5:10–6 pm Natalie
<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Cost</th>
<th>Times</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hip Hop 1</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 4:10–5 pm</td>
<td>Dorian Grant</td>
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<td>W 7:10–8 pm</td>
<td>Maria Aquino</td>
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<td>F 4:10–5 pm</td>
<td>Dorian Grant</td>
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<tr>
<td><strong>International Dance – Waltz</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 5:10–6 pm</td>
<td>Mandy Epprecht</td>
</tr>
<tr>
<td><strong>Jazz</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 5:10–6 pm</td>
<td>Chelsea Ferrando</td>
</tr>
<tr>
<td><strong>Street Jazz</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 5:10–6 pm</td>
<td>Alexandra Peckham</td>
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<tr>
<td><strong>Latin Nightclub 1</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 5:10–6 pm</td>
<td>Mandy Epprecht</td>
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<tr>
<td><strong>Salsa</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 5:10–6 pm</td>
<td>Mandy Epprecht</td>
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<tr>
<td><strong>Salsa – Cha Cha</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 5:10–6 pm</td>
<td>Mandy Epprecht</td>
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<tr>
<td><strong>Salsa &amp; Bachata</strong></td>
<td>9 wks</td>
<td>$75</td>
<td>M 5:10–6 pm</td>
<td>Steven Hao Cheng</td>
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<td><strong>SQUASH</strong></td>
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<tr>
<td>Squash Level 1</td>
<td>8 wks</td>
<td>$80</td>
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<td>W 7:40–8:20 pm</td>
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<tr>
<td>Squash Level 2</td>
<td>8 wks</td>
<td>$80</td>
<td>M 7:40–8:20 pm</td>
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<td><strong>ARCHERY</strong></td>
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<tr>
<td>Archery – Level 1</td>
<td>5 wks</td>
<td>$77</td>
<td>M 5:10–6 pm</td>
<td>Paulina/Eurico</td>
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<td>Archery – Level 2</td>
<td>5 wks</td>
<td>$90</td>
<td>M 5:10–6:40 pm</td>
<td>Paulina/Eurico</td>
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<tr>
<td><strong>MARTIAL ARTS</strong></td>
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<tr>
<td>Shorinji Kan - Jiu Jitsu</td>
<td>12 wks</td>
<td>$95</td>
<td>M 3:10–5 pm</td>
<td>Kia Dunn</td>
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<td>W 3:10–5 pm</td>
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<td>SA 3:15–4:45 pm</td>
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<tr>
<td>Judo Demo:</td>
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<td>Tues, Sept 10, 6 pm, Activities Room</td>
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<tr>
<td><strong>Judo Beginner</strong></td>
<td>12 wks</td>
<td>$110</td>
<td>T 6:30–8 pm</td>
<td>Jorge Comrie</td>
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<td>SA 12–1:30 pm</td>
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<tr>
<td><strong>Judo Intermediate</strong></td>
<td>12 wks</td>
<td>$120</td>
<td>T 8–10 pm</td>
<td>Izidor</td>
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<td>SA 1:30–3 pm</td>
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<tr>
<td><strong>Judo Advanced</strong></td>
<td>12 wks</td>
<td>$80</td>
<td>TH 7:00–9 pm</td>
<td>Bernard Letendre</td>
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<tr>
<td><strong>T’ai Chi Ch’uan Novice 1</strong></td>
<td>9 wks</td>
<td>$70</td>
<td>W 10:10 pm–11 pm</td>
<td>Philip Mo</td>
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<td>W 10:10 pm–11 pm</td>
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<td>SA 1:30–3 pm</td>
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<tr>
<td><strong>Martial Arts</strong></td>
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<td><strong>Cycle Fit</strong></td>
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<tr>
<td>Cycle Fit Classes – Flex Pass</td>
<td>6 wks</td>
<td>$57</td>
<td>M 6:10–7 pm</td>
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<td><strong>REGISTRATION</strong></td>
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<tr>
<td>Registration is available for U of T students and Hart House Members only. Membership and registration information can be accessed:</td>
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<tr>
<td>In person: Information Hub</td>
<td>Phone: 416.978.2452</td>
<td>Email: <a href="mailto:inquiries@arthouse.ca">inquiries@arthouse.ca</a></td>
<td>Online: harthouse.ca/fitness</td>
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<td><strong>CODE GUIDE</strong></td>
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<td><strong>CYCLE FIT</strong></td>
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<td>(10 weeks)</td>
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<tr>
<td>Please note that there will be no classes on Thanksgiving Day (Monday, October 8). No classes December 23 – Jan 1.</td>
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<tr>
<td>Monday classes – Sept 9 to Dec 16</td>
<td>Tuesday classes – Sept 10 to Dec 17</td>
<td>Wednesday classes – Sept 11 to Dec 18</td>
<td>Thursday classes – Sept 12 to Dec 19</td>
<td>Friday classes – Sept 13 to Dec 20</td>
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<td>Instructors:</td>
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<td>12:10 pm</td>
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<td>Rochelle</td>
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<td>6:10 pm</td>
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<td>Virginia</td>
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<td>Amanda</td>
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<td>Amy</td>
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<td>Melissa</td>
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<td>Jana</td>
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<td>12:10 pm</td>
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<td>Amanda</td>
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</table>
From mastering your jump shot to your chess game, Hart House is here for the whole you. With a multi-level gym, archery, meditation or a dance class, you can go at your own pace, relieve stress, and meet new people in a friendly, welcoming space.

Discover what moves you at harthouse.ca