

Drop-In Fitness Class Schedule | HartHouse

January 9 to February 19, 2012 | U of T's living laboratory of arts, culture & recreation

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|--|---|
| 7:10-8:00am Step I/II Amanda/Daniella - ER | 7:10-8:00am Super Circuit II/III Amanda - ER | 7:10-8:00am Super Circuit IV Amanda - ER | 7:10-8:00am Super Circuit II/III Daniella - ER | 7:10-8:00am TMC I/II/III Daniella - ER | 10:10-11:25am Boot Camp I/II/III Amanda - LG | 10:10-11:00am Stretch Works I/II/III Debbie- ER |
| | 10:10am to 11:00 p.m. Zoomer Fit I/II/III Amanda - AR | | | | 11:30am-12:45pm Step IV Debbie - ER | |
| 12:10-1:00pm Hi/Lo Combo IV Martin - LG | 12:10-1:00pm Movin' Muscle II Martin - LG | 12:10-1:00pm Core Fusion Mats and Props I/II/III Martin - LG | 12:10-1:00pm Hi/Lo Combo I/II Martin - LG | 12:10-1:00pm Stretch Works I/II/III Edith - LG | | 12:10-1:00pm Nia I/II/III Jennifer - ER |
| | 1:10-2:00pm Step Beyond II/III Jeffery. - ER | 1:10-2:00pm Stretch Works I/II/III Edith - ER | 1:10-2:00pm Step Beyond II/III Susan - ER | 1:10-2:00pm Core Plus I/II/III Martin - ER | | 3:10-4:25pm Interval Step I/II/III Katherine - ER |
| 2:10-3:00pm Aqua-Fit I/II/III Martin - Pool | | 2:10-3:00pm Aqua-Fit I/II/III Leehe - Pool | | 2:10-3:00pm Aqua-Fit I/II/III Mike - Pool | 4:30-5:45pm ABT I/II/III Maria C - ER | |
| | 4:30-5:25pm Core Fusion Mats and Props I/II/III Amanda - LG | 4:30-5:25pm Step Basics I/II Debbie - LG | 4:30-5:25pm Boot Camp I/II/III Doug - LG | 4:30-5:25pm Zumba® I/II/III Kristina - LG | <p>Schedule Changes</p> <p>Reduced Schedule February 20 to February 26 (Reading week).</p> <p>No Classes: Monday, February 20, 2012 – Family Day</p> <p>Service changes will be posted by special flyer and online at www.harthouse.ca/recreation.</p> <p>ER = Exercise Room</p> <p>LG = Lower Gym</p> <p>AR = Activities Room (lower level )</p> <hr/> <p>Classes are free for all current U of T students and Hart House Athletics members!</p> <hr/> <p>We would like your feedback! Please complete our online fitness survey, available at www.harthouse.ca.</p> | |
| 5:10-5:55pm Boot Camp I/II/III Dustin - LG | | 5:10-6:00pm Movin' Muscle II/III Martin - ER | | | | |
| 6:00-6:55pm Core BT I/II/III Katherine - LG | 5:30-6:45pm Hi/Lo Combo IV Debbie - LG | 5:30-6:45pm Boot Camp I/II/III Katherine - LG | 5:30-6:45pm Groove Nation I/II Dustin - LG | 5:30-6:25pm Kick'n Cardio II/III Maria C. - LG | | |
| | 7:10-8:00pm Step Basics I/II Paul/Kristina - ER | | 7:10-8:00pm Step Beyond Master Class IV Martin - ER | | | |
| 8:10-9:00pm Step Beyond III Martin - ER | 8:10-9:00pm Stretch Works I/II/III Martin - ER | 8:10-9:00pm Zumba® I/II/III Melissa - ER | | | | |
| 9:10-10:30pm Groove Nation Master Class IV Dustin - ER | | | | | | |

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Non-Cardio Workouts – A great complement to your personal cardio or workout routine!

ABT: A workout focusing strictly on the lower body - Abs, Butts and Thighs! Great for targeting those hard-to-work or neglected areas.

Core BT: A workout focusing strictly on the core and lower body. This class draws upon Pilates techniques designed to target these often-neglected areas.

Core Fusion Designed to build stability and strength in often-neglected core muscles using techniques adapted from yoga and Pilates. – **Mats and Props** incorporates the latest PILATES studio techniques and mat work,

TMC - Total Muscle Conditioning: A workout using studio resistance equipment designed to improve muscular strength, endurance and flexibility.

Core Plus: A fusion of Athletic TMC and Pilates using studio resistance equipment designed to improve muscular strength, endurance and flexibility

Stretch Works: A relaxing routine combining mobility and stability exercises, designed to train posture, balance, flexibility and strength.

Sport Conditioning – Drills & skills!

Boot Camp: Combines a variety of sports-specific movements and motor skills inherent in athletic activities. Speed, agility, balance and co-ordination drills are combined with the rhythm and simple choreography of traditional non-impact movements.

Kick'n Cardio: Incorporates aerobics and basic martial arts techniques to give you a great overall cardio and muscle-conditioning workout.

Super Circuit: Combines intervals of high/low cardiovascular movements and muscle conditioning exercises.

Interval Step: This workout combines intervals of cardio-step with muscle conditioning exercises using resistance equipment.

Aerobics Mix – Cardio plus toning!

Aqua-Fit: An invigorating deep water workout with all the benefits of a fitness class, including resistance training without putting stress on the joints. Participants should feel comfortable in deep water with the use of a buoyancy belt.

Hi/Lo Combo: A fun, intense cardio workout combining the latest high and low impact movements into its cardiovascular component. All Hi/Lo cardio workouts are capped off with a floor based core/toning segment.

Movin' Muscle: Put more muscle into your cardio moves and enhance total body fitness. The use of hand-held weights optimizes and intensifies this low impact cardio training class while focusing on muscle, not momentum.

Zumba®: Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® participants achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Groove Nation: A high energy, jazzy, groovy workout designed to make you sweat with funky moves and cool choreography.

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

Step: Step right up...and down! These classes involve cardio using a raised platform and the latest choreography.

Step-Beyond: *This ain't your mamma's step!* Learn the latest 21st century step moves and grooves here!

**Please note that step classes are limited to 32 participants. First come, first served!

Zoomer Fit: **A New** cardio and floor workout designed for the active 60+ participant (all are welcome). Great for maintaining mobility, bone density and heart health and a good complement to our **Aqua-Fit** program

INSTRUCTORS

Amanda Wolfson / Brenda Yee / Claire Letemendia / Daniella Guerriero / Debbie Sabadash / Doug Creighton / Dustin Pym / Edith Varga / Jennifer Hicks / Katherine Foster / Kristina Djokic / Leehe Lev / Maria Cappadocia / Martin Phillips / Marie Hui / Mike Tofani / Paul Pabello

Scheduled instructors are subject to change. Substitutions will be posted.

Levels of Difficulty

I Basic: Basic movements are taught with an emphasis on learning & technique. Simple combinations of basic movement patterns are introduced.

II Intermediate: Basic movements are further developed into more complex patterns as the intensity increases.

III Advanced: More complex & challenging choreography is offered to get you thinking as well as moving.

IV Challenge: High intensity and more advanced choreography offer extra challenge. May include power & propulsion movements.

MASTER CLASS: IV with the latest choreography for the highly skilled participant – **Not necessarily suitable for beginners.**

Fitness Class Policies and Etiquette

i. For your safety and the consideration of your fellow participants, please arrive on time. Where conditions warrant, instructors may limit entry 10 minutes following class start.

ii. Step classes are limited to 32 participants. First come, first served!

iii. No bags or coats are allowed in the athletics facility. Please use day lockers. Safe-deposit boxes are available at the athletics reception desk to secure valuables.

iv. Appropriate footwear (i.e. running/cross-training/aerobic shoes) must be worn in the exercise areas. Bare feet and alternative footwear may be worn in the ER, AR and LG but may not be worn outside of these areas.

v. We encourage participants to modify workouts and participate to their fullest potential in all of our classes. However, in consideration of your fellow participants, please do so in a manner that does not distract from or interfere with the instructor's presentation to the group. All of our instructors will demonstrate a wide range of movement options for you.

vi. We are here to help you! Please ask questions. Our knowledgeable staff will be happy to provide you with answers to your questions or direct you to information that may help you.

Hart House Drop-In Fitness Class Schedule | For more info on recreation at Hart House: www.harthouse.ca/recreation