

Fitness Class Schedule HART HOUSE

Programming for active healthy living: September 13 to October 31, 2010 www.harthouse.ca

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 Brenda - LG	10:10-11:25am Sunday Brunch Mix I/II/III 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 I/II/III Claire - LG	12:10-1:00pm Hi/Lo Combo I/II Martin - LG	12:10-1:00pm Stretch Works I/II/III Edith - LG	11:30am-12:45pm Step IV Debbie - ER	12:10-1:00pm Nia I/II/III Andreea - ER
	1:10-2:00pm TMC I/II/III Marie H - ER	1:10-2:00pm Stretch Works I/II/III Edith - ER	1:10-2:00pm Step Basics I/II Marie H - ER	1:10-2:00pm Core Plus Martin - ER		3:10-4:25pm Interval Step I/II/III Katherine - ER
2:10-3:00pm Aquafit I/II/III Martin - Pool		2:10-3:00pm Aquafit I/II/III Leeche - Pool		2:10-3:00pm Aquafit I/II/III Heather - Pool	4:30-5:45pm ABT I/II/III Maria C - ER	4:30-5:25pm Step Beyond Basics I/II Jen - ER
	4:30-5:25pm Core Fusion I/II/III Claire - LG	4:30-5:25pm Step Basics I/II Debbie - LG	4:30-5:25pm Kick'n Cardio II/III Maria - LG	4:30-5:25pm Cardio Salsa/ZUMBA* I/II/III Karla/Kristina - LG		
5:10-5:55pm Core BT I/II/III Katherine - LG		5:10-6:00pm Movin'Muscle II/III Martin - ER				
6:00-6:55pm Boot Camp I/II/III Brenda - LG	5:30-6:45pm Hi/Lo Combo IV Debbie - LG	5:30-6:45pm Super Circuit I/II/III Jamie - LG	5:30-6:45pm Groove Nation I/II Dustin - LG	5:30-6:45pm Hi/Lo Combo + Core IV Martin - LG		
	7:10-8:00pm Step Beyond II/III Paul - ER		7:10-8:00pm Step Beyond Master Class IV Martin - ER			
8:10-9:00pm Step Beyond II/III Martin - ER	8:10-9:00pm Stretch Works I/II/III Martin - ER	8:10-9:00pm After Dinner Mix II Paul - ER				
9:10-10:30pm Groove Nation Master Class IV Dustin - ER						

ER = Exercise Room
LG = Lower Gym

Schedule Changes

Schedule reduction will occur over the Thanksgiving long weekend. See flyers for details.

***ZUMBA will commence on October 1, 2010**

Please check www.harthouse.utoronto.ca for updates

We would like your feedback! Please complete our on-line Fitness Survey, available at www.harthouse.ca.

Classes are **free** for current U of T students and Hart House Athletics Members.

Drop-In Fitness Class Descriptions

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 (formerly Core Conditioning): Designed to build stability and strength in often-neglected core muscles using techniques adapted from traditional muscle conditioning, yoga and Pilates.

TMC - Total Muscle Conditioning: A workout 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!

Body Blast: A complete cardio- and muscle-training workout! This high-energy class combines cardio work with intervals of muscular endurance and resistance training using the body bar, resistance bands, free weights and step.

Boot Camp: Combines a variety of sports-specific movements and motor skills inherent in athletic activities. Speed, agility, balance and coordination 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!

Aquafit: 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.

Cardio Salsa: Aerobics Latin style incorporating spicy Latin moves from cha-cha to salsa in a fun low impact class.

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.

Hi/Lo Combo: Combines the latest high and low impact movements into its cardiovascular component.

Low Impact: All the intensity of a Hi/Lo Combo class without the impact stress, particularly on the feet, knees and lower back using the hottest new moves!

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

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!

After Dinner/Sunday Brunch Mix: A dynamic workout blending the best of Hi/Lo Cardio and the best of Step.

INSTRUCTORS

Amanda Wolfson • Andreea Diaconescu • Brenda Yee • Claire Letemendia • Daniella Guerriero • Debbie Sabadash
Dustin Pym • Edith Varga • Heather Joy James • Jamie Mattina • Jen Hugel • Katherine Foster • Karla Rivera
Kristina Djokic • Leehe Lev • Maria Cappadocia • Martin Phills • Maria Hennings • Paul Pabello

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

Levels of Difficulty

I Basic: Basic movements are taught with the emphasis on learning and 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 and 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 and propulsion movements. MASTER CLASS – IV with the latest choreography for the highly skilled participant.

FITNESS CLASS POLICIES

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 (ie. 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 for specialty classes only 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.