



# Activity Guide Schedules

## Fitness

Spring/Summer 2009

www.activityguide.utoronto.ca

## FITNESS

### Cycle Fit

#### Cycle Fitness

#11575	May 25 - Jun. 22	M	6:10 - 7:00 p.m.	TBA	\$45
#11576	May 19 - Jun. 16	T	12:10 - 1:00 p.m.	TBA	\$45
#11577	May 20 - Jun. 17	W	6:10 - 7:00 p.m.	TBA	\$45
#11578	May 21 - Jun. 18	R	12:10 - 1:00 p.m.	TBA	\$45
#11579	Jun. 29 - Jul. 27	M	6:10 - 7:00 p.m.	TBA	\$45
#11580	Jun.30 - Jul. 28	T	12:10 - 1:00 p.m.	TBA	\$45
#11581	Jul. 8 - Jul. 29	W	6:10 - 7:00 p.m.	TBA	\$36
#11582	Jul. 2 - Jul. 30	R	12:10 - 1:00 p.m.	TBA	\$45

## PILATES

### Pilates Instruction

#### Pilates Based Exerball

#11635	May 27 - Jun. 24	W	1:10 - 2:00 p.m.	FS	\$64
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#### Pilates Level I

#11629	May 25 - Jun. 22	M	12:10 - 1:00 p.m.	DS	\$64
#11630	May 25 - Jun. 22	M	5:10 - 6:00 p.m.	DS	\$64
#11631	May 19 - Jun.16	T	7:10 - 8:00 p.m.	DS	\$64

#### Pilates Level I/II Combined

#11655	Jun. 29 - Jul. 27	M	12:10 - 1:00 p.m.	DS	\$64
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#### Pilates Level II

#11633	May 25 - Jun. 22	M	1:10 - 2:00 p.m.	DS	\$64
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## WEIGHT TRAINING

### Olympic Weight Lifting

#### Olympic Weight Lifting Instruction Beginner

#11560	May 22 - Jun. 19	F	5:10 - 6:00 p.m.	SCC	\$125
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#### Olympic Weight Lifting Instruction Intermediate

#11561	May 22 - Jun. 19	F	6:10 - 7:00 p.m.	SCC	\$125
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### Weight Training for Women

#11562	May 21 - Jun. 18	R	5:10 - 6:00 p.m.	SCC	\$80
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## YOGA

### Yoga Instruction

#### Ashtanga Yoga

#11636	May 19 - Jun.16	T	12:10 - 1:00 p.m.	DS	\$64
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#### Hatha Yoga

#11638	May 22 - Jun. 26	F	12:10- 1:00 p.m.	DS	\$64
#11637	May 21 Jun.18	R	6:10 - 7:30 p.m.	DS	\$94
#11656	Jul. 2 - Jul. 30	R	6:10 - 7:30 p.m.	DS	\$94

### YOUR CODE GUIDE

#### Days

M – Monday  
T – Tuesday  
W – Wednesday  
R – Thursday  
F – Friday  
Su – Sunday

#### Location

DS – Dance Studio  
FH – Field House  
FS – Fencing Salle  
LG – Lower Gym  
SCC – Strength & Conditioning

#### Accessibility

Classes in the Dance Studio, Field House, Strength & Conditioning Centre and 25yd pool are accessible.

# SPRING FOUNDATION DROP-IN GROUP FITNESS SCHEDULE

Tuesday, May 19 – Sunday, June 28, 2009

## Monday (May 25 – June 22)

11:10-11:55 a.m.	Fun n' Fit	DS	Joe
12:00 – 1:00pm	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Women Only) Pre-registration required 24-hours in advance at Main Office.</i>			
12:10-12:55 p.m.	Yoga Basics	FH1	Edith
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Nia	FH 2/3	Andreea
6:10-7:00 p.m.	Aquafit – Deep Water	25yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Zoe

## Tuesday (May 19 – June 23)

12:00 – 1:00pm	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Co-Ed) Pre-registration required 24-hours in advance at Main Office.</i>			
12:10-12:55 p.m.	High/Low	FH1	Jill
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	High/Low	FH 2/3	Martin
6:10-6:55 p.m.	Step	DS	TBA

## Wednesday (May 20 – June 24)

11:10-11:55 a.m.	Fun n' Fit	DS	Leehe
12:10-12:55 p.m.	High/Low	FH1	Dione
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Yoga Basics	FH 2/3	Maria
6:10-7:00 p.m.	Aquafit – Deep Water	25yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Ying

## Thursday (May 21 – June 25)

12:00 – 1:00pm	*Field House Orientation	SCC	SCC Staff
<i>* Pre-registration required 24-hours in advance at Main Office.</i>			
12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10 -12:55 p.m.	Nia	FH1	Andreea
1:10-1:55 p.m.	TBA	FH1	TBA
5:00 – 6:00pm	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Women Only) Pre-registration required 24-hours in advance at Main Office.</i>			
5:10-5:55 p.m.	Step	FH2/3	Nicole M.
6:10-6:55 p.m.	HABIT	FH2/3	Gianmarco

## Friday (May 22 – June 26)

11:10-11:55 a.m.	Fun n' Fit	DS	Uli
12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10-12:55 p.m.	High/Low**	FH1	Martin
1:10-1:55 p.m.	Yoga Basics	DS	Mariko
5:10-5:55 .pm.	Cardio Box**	FH1	Dione

\*\* Cardio Box will be relocated to the DS on June 12, 2009.

## Saturday (May 23 – June 27)

10:10-11:30 a.m.	Step/TMC	DS	Angela
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## Sunday (May 24 – June 28)

10:10-11:30 a.m.	High/Low/TMC	DS	TBA
11:00 – Noon	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Women Only) Pre-registration required 24-hours in advance at Main Office.</i>			

## YOUR CODE GUIDE

Days	Location
M – Monday	DS – Dance Studio
T – Tuesday	FH – Field House
W – Wednesday	FS – Fencing Salle
R – Thursday	LG – Lower Gym
F – Friday	25 yd – 25 yd Pool
Su – Sunday	

## Accessibility

Classes in the Dance Studio, Field House, Strength & Conditioning Centre and 25yd pool are accessible.

## Contact Info

Tel 416-978-3436  
[www.physical.utoronto.ca](http://www.physical.utoronto.ca)  
[ac.help@utoronto.ca](mailto:ac.help@utoronto.ca)

For the most current information on registered programs <http://econnect.fpeh.utoronto.ca>

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# DROP-IN GROUP FITNESS SCHEDULE

Monday, June 29 – Sunday, August 9, 2009

## Monday (June 29 – July 27; Facility closed August 3)

12:10-12:55 p.m.	Yoga Basics	FH1	Edith
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Nia	FH 2/3	Andreea
6:10-7:00 p.m.	Aquafit – Deep Water	25 yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Zoe

## Tuesday (June 30 – August 4)

12:10-12:55 p.m.	High/Low	FH1	Lauren
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	High/Low	FH 2/3	Martin
6:10-6:55 p.m.	Step	DS	TBA

## Wednesday (July 8 – August 5; Facility closed July 1)

12:10-12:55 p.m.	High/Low	FH1	Dione
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Yoga Basics	FH 2/3	Maria
6:10-7:00 p.m.	Aquafit – Deep Water	25 yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Ying

## Thursday (July 2 – August 6)

12:00 – 1:00pm	*Field House Orientation	SCC	SCC Staff
<i>* Pre-registration required 24-hours in advance at Main Office.</i>			
12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10 -12:55 p.m.	Nia	FH1	Andreea
1:10-1:55 p.m.	Cardio Box	FH1	Jen
5:10-5:55 p.m.	Step	FH2/3	Nicole M.
6:10-6:55 p.m.	HABIT	FH2/3	Gianmarco

## Friday (July 3 – August 7)

12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10-12:55 p.m.	High/Low	FH1	Martin
5:10-5:55 .pm.	Cardio Salsa	FH1	Dione

## Saturday (July 4 - August 8)

10:10-11:30 a.m.	Step/TMC	DS	Angela
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## Sunday (July 5 – August 9)

10:10-11:30 a.m.	High/Low/TMC	DS	TBA
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R – Thursday	LG – Lower Gym
F – Friday	25 yd – 25 yd Pool
Su – Sunday	

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# SUMMER FOUNDATION DROP-IN GROUP FITNESS SCHEDULE

Monday, August 10 – Sunday, September 6, 2009

## Monday (August 10 – August 31)

12:10-12:55 p.m.	Yoga Basics	FHI	Edith
5:10-5:55 p.m.	Nia	FH 2/3	Andreea

## Tuesday (August 11 – September 1)

12:10-12:55 p.m.	Step	FHI	TBA
5:10-5:55 p.m.	High/Low	FH 2/3	Martin

## Wednesday (August 12 – September 2)

12:10-12:55 p.m.	High/Low	FHI	Dione
5:10-5:55 p.m.	Yoga Basics	FH 2/3	Maria

## Thursday (August 13 – September 3)

12:00 – 1:00pm	*Field House Orientation	SCC	SCC Staff
<i>* Pre-registration required 24-hours in advance at Main Office.</i>			
12:10 -12:55 p.m.	Nia	FHI	Andreea
5:10-5:55 p.m.	Step	FH2/3	Nicole

## Friday (August 14 – September 4)

12:10-12:55 p.m.	High/Low	FHI	Martin
5:10-5:55 p.m.	Cardio Salsa	FHI	Dione

## Saturday (August 15 – September 5)

10:10-11:30 a.m.	Step/TMC	DS	Angela
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## Sunday (August 16 – September 6)

10:10-11:30 a.m.	High/Low/TMC	DS	TBA
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R – Thursday	LG – Lower Gym
F – Friday	25 yd – 25 yd Pool
Su – Sunday	

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# STRENGTH AND CONDITIONING SCHEDULE

Regular Schedule: May 11 through to September 6, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 a.m.	CO-ED	CO-ED	CO-ED	CO-ED	CO-ED	CLOSED	
8 a.m.							
9 a.m.		PROGRAM		PROGRAM	PROGRAM		
10 a.m.						PROGRAM	WOMEN
11 a.m.	WOMEN		WOMEN		CO-ED		
Noon			CO-ED		WOMEN		
1 p.m.			CO-ED		WOMEN		
2 p.m.	PROGRAM		PROGRAM				
3 p.m.						CLOSED	
4 p.m.	CO-ED	WOMEN	CO-ED	WOMEN	CO-ED		
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							

Some equipment use may be limited during exam periods.

## NEW! Look for new free registered Olympic Platform Orientations.

Check the website for more details on the new Women's Only Strength Training and Olympic Weight Lifting courses.

Interested in an orientation to the Strength and Conditioning Centre? Field House? See the Group Fitness times for Strength and Conditioning initiations. Classes are offered for women only and for beginners, coed. Registration is required; classes are a maximum of 6 participants.

The SCC has a selection of Hammer Strength machines, free weights, barbells and dumbbells for all members to use.

There are Hammer Strength, Universal and weight training machines in the Field House.

The Field House also has a variety of cardio machines available for use in the Field House including ellipticals, recumbent and upright bikes, handcycle ergometer, stairclimbers and row machines. There is a 20-minute limit on all cardio equipment. You must sign-up to use cardio equipment.

## PERSONAL TRAINING

### Small Group Training & Private Lessons

#### Personal/Small Group

##### 1-on-1

Sessions	2	5	10	15	20
Fee	\$126	\$303	\$590	\$855	\$1097
Per session rate	\$63	\$61	\$59	\$57	\$55

##### 2-on-1

Sessions	2	5	10
Package	\$173	\$407	\$764
Per session rate/person	\$43	\$41	\$38

##### 3-on-1

Sessions	2	5
Package	\$223	\$529
Per session rate/person	\$37	\$35

##### 4-on-1

Sessions	2	5
Package	\$290	\$684
Per session rate/person	\$36	\$34

### Combo Packages

#### Get Strong

55 minutes X 4 sessions \$203

#### Team Lite

55 minutes X 5 sessions \$303

## FITNESS ASSESSMENTS

#### Fitness Assessment

55 minutes x 1 session = \$66

#### Fitness Assessment and 1 Personal Training Session

55 minutes x 2 sessions = \$126

## SPECIALTY TRAINING

### Sport, Movement and High Performance Private and Small Group Sessions Sport/High Performance Conditioning

#### One-on-one

Sessions	1	2	5
Price	\$75	\$145	\$350

#### Semi-Private (2 people)

Sessions	1	2	5
Package Price	\$115	\$219	\$546

#### Small Group (3 – 6 people)

Sessions	1	2	5
Package Price	\$150	\$285	\$712

#### Pilates package

55 minutes X 2 sessions	\$145
55 minutes X 5 sessions	\$350

#### Yoga package

55 minutes X 2 sessions	\$145
55 minutes X 5 sessions	\$350

#### Tennis

55 minutes \$60

#### Olympic Weight Lifting – small group lessons

60 minutes x 5 sessions \$150/person

## NUTRITION CONSULTATIONS

#### Basic

40 minutes x 1 session \$44

#### Performance

60 minutes x 1 session \$68

#### Lifestyle Package - Plus 2

1 hour consultation plus two 30 minute follow-up sessions  
\$160

#### Lifestyle Package - Plus 5

1 hour consultation plus five 30 minute consultations  
\$196

#### Follow-Up Package

30 minutes x 5 sessions \$144