

# Activity Guide Schedules

## Fitness

Winter 2008

### FITNESS

#### Strength Conditioning Centre Initiations

Barcodes 6572, 6600-6607			
Jan. 22 - Mar. 25	T	1 p.m.	SCC FREE
Barcodes 6610, 6622 - 6630, 6649			
Jan. 27 - Apr. 6	Su	11 a.m.	SCC FREE
Barcodes 6612, 6640 - 6647, 6651, 6652			

#### SCC Initiation Part 1 - Women Only

Jan. 21 - Mar. 31	M	12 p.m.	SCC FREE
Barcodes 6609, 6613 - 6621, 6648			
Jan. 24 - Apr. 3	R	5 p.m.	SCC FREE
Barcodes 6611, 6631 - 6639, 6650			

#### Capoeira

##### Capoeira Level I

#6025	Jan.24 - Apr. 3	R	7:40- 8:30 a.m.	LG	\$58
#6026	Jan.25 - Apr. 4	F	12:10- 1 p.m.	LG	\$52

#### Cycle Fit

##### Cycle Fitness

#6386	Jan.21 - Mar. 31	M	12:10- 1 p.m.	PZ	\$91
#6387	Jan.21 - Mar. 31	M	6:30- 7:30 p.m.	PZ	\$91
#6388	Jan.22 - Apr. 1	T	12:10- 1 p.m.	PZ	\$91
#6389	Jan.22 - Apr. 1	T	6:10- 7 p.m.	PZ	\$91
#6396	Jan.22 - Apr. 1	T	7:10 - 8 p.m.	PZ	\$91
#6390	Jan.23 - Apr. 2	W	12:10- 1 p.m.	PZ	\$91
#6391	Jan.23 - Apr. 2	W	5:10- 6 p.m.	PZ	\$91
#6392	Jan.23 - Apr. 2	W	6:10- 7 p.m.	PZ	\$91
#6397	Jan.24 - Apr. 3	R	12:10 - 1 p.m.	PZ	\$91
#6393	Jan.24 - Apr. 3	R	6:10- 7 p.m.	PZ	\$91
#6394	Jan.25 - Apr. 4	F	12:10- 1 p.m.	PZ	\$82

##### Cycle Fitness - Movement

#6399	Jan.22 - Apr. 1	T	1:10- 2 p.m.	PZ	\$91
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##### Cycle Fitness - High Performance

#6398	Jan.21 - Mar. 31	M	5:10- 6:30 p.m.	PZ	\$135
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#### Exerball

##### Exerball Instruction

#6029	Jan.23 - Apr. 2	W	12:10- 1 p.m.	LG	\$58
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#### Nia

##### Nia Workout

#6836	Jan.23 - Apr. 2	W	12:10- 1 p.m.	DS	\$58
#6837	Jan.24 - Apr. 3	R	11:10-12 p.m.	DS	\$58

#### Pilates

##### Pilates Based Exerball

#6043	Jan.23 - Apr. 2	W	1:10- 2 p.m.	LG	\$58
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##### Pilates Level I

#6039	Jan.21 - Mar. 31	M	12:10- 1 p.m.	DS	\$58
#6040	Jan.21 - Mar. 31	M	6:10- 7 p.m.	DS	\$58
#6041	Jan.22 - Apr. 1	T	5:10- 6 p.m.	DS	\$58
#6044	Jan.24 - Apr. 3	R	1:10- 2 p.m.	DS	\$58

### YOUR CODE GUIDE

#### Days

M - Monday  
 T - Tuesday  
 W - Wednesday  
 R - Thursday  
 F - Friday  
 Sa - Saturday  
 Su - Sunday

#### Rooms

TP - Teach Pool  
 50m - 50 metre Pool  
 25yd - 25 yard Pool  
 LG - Lower Gym  
 VA - Varsity Arena  
 FH - Field House  
 SG - Sports Gym  
 BSL - Benson Student Lounge  
 UG - Upper Gym  
 DFN - Domed Field North  
 PZ - Pedal Zone  
 SCC - Strength and Conditioning Centre

## Pilates (cont'd)

### Pilates Level II

#6042	Jan.21 - Mar. 31	M	1:10- 2 p.m.	DS	\$58
#6045	Jan.22 - Apr. 1	T	6:10- 7 p.m.	DS	\$58

## Weight Training for Women

#6568	Jan.22 - Feb. 12	T	5 - 6 p.m.	SCC	\$84
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## Yoga

### Ashtanga Yoga Level I

#6057	Jan.21 - Mar. 31	M	9:10 - 10 p.m.	DS	\$58
#6058	Jan.22 - Apr. 1	T	12:10 - 1:30 p.m.	DS	\$87

*Ashtanga Yoga Level I/11 (or 2 seperate. classes) \$58*

#6059	Jan.27 - Apr. 6	Su	11:40- 1 p.m.	DS	\$78
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### Hatha Yoga

#6060	Jan.23 - Apr. 2	W	1:10- 2 p.m.	DS	\$58
#6061	Jan.23 - Apr. 2	W	7:40- 9 p.m.	LG	\$87

### Hatha Yoga Athletic Style

#6067	Jan.24 - Apr. 3	R	5:40- 7 p.m.	DS	\$87
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### Meditative Yoga

#7922	Jan.24 - Apr. 3	R	1:10- 2 p.m.	FS	\$58
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### Kundalini Yoga

#6062	Jan.22 - Apr. 1	T	7:40- 8:30 a.m.	DS	\$58
#6063	Jan.24 - Apr. 3	R	7:40- 8:30 a.m.	DS	\$58

### Kundalini Yoga for Women

#6064	Jan.25 - Apr. 4	F	8:10- 9 a.m.	LG	\$52
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### Restorative Yoga

#6065	Jan.25 - Apr. 4	F	12:10-1 p.m.	DS	\$52
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### Sampler Yoga

#6066	Jan.21 - Mar. 31	M	12:10- 1 p.m.	LG	\$58
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## REGISTRATION DATES

Registration begins Thursday September 6 at 8 a.m. for Fall and Winter programs. See the Activity Guide for information on how to register.

## CONTACT INFO

Tel. 416-978-3436

[www.utoronto.ca/physical](http://www.utoronto.ca/physical)

[ac.help@utoronto.ca](mailto:ac.help@utoronto.ca)

For program descriptions and other important information see the Activity Guide

# GROUP FITNESS FOUNDATION SCHEDULE

February 18 - 24, 2008 (Reading Week)

## Monday, February 18

Facility Closed.

## Tuesday, February 19

12:10-12:55 p.m.	High/Low	FH1	Lauren
1:10-1:55 p.m.	HABIT	FH1	Lauren
5:10-5:55 p.m.	High/Low	FH2/3	Martin
6:10-7:00 p.m.	Step Abs Stretch	FH2/3	Jim

## Wednesday, February 20

7:10-7:55 a.m.	High/Low	DS	Mike B.
11:10-11:55 a.m.	Fun & Fit	DS	Leehe
12:10-12:55 p.m.	High/Low	DS	Dione
1:10-1:55 p.m.	Step	FH1	Dione
5:10-5:55 p.m.	Yoga Fit	FH2/3	Maria C.
6:10-7:00 p.m.	Aquafit	25 yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Angela/Ying

## Thursday, February 21

7:10-8:10 a.m.	30-20-10 Cycle-Run-Stretch		Ranka
12:10-1:00 p.m.	Aquafit	25 yd	Kay
1:10-1:55 p.m.	TMC	UG	Georgette
5:10-5:55 p.m.	HABIT	FH2/3	Jim
6:10-6:55 p.m.	Cardio Kick	FH2/3	Angela

## Friday, February 22

11:10-11:55 a.m.	Fun & Fit	DS	Uli
12:10-1:00 p.m.	Aquafit	25 yd	TBA
12:10-12:55 p.m.	High/Low	FH1	Jim
1:10-1:55 p.m.	Yoga Fit	DS	Melissa
5:10-5:55 p.m.	High/Low	FH1	Zoe

## Saturday, February 23

11:10-12:00 p.m.	Step Strength Stretch	DS	Jim
		20-20-10	

## Sunday, February 24

10:10-10:55 a.m.	High/Low	DS	Nicole H.
4:10-4:55 p.m.	Cardio Groove	DS	Nicole H.

## Legend

25yd - 25yd Pool  
 DS - Dance Studio  
 FH - Field House  
 UG - Upper Gym

Check the website,  
[www.utoronto.ca/physical](http://www.utoronto.ca/physical) and  
 bulletin boards for updates.

## NEW!

Join our e-mail listserv  
 and we'll send you  
 updates of fitness changes,  
 cancellations and interim  
 schedules. Visit the  
 website and follow the  
 links on the recreation >  
 fitness page to subscribe.

# GROUP FITNESS FOUNDATION FULL SCHEDULE

January 21 - April 6, 2008

## MONDAY

11:10-11:55 a.m.	Fun & Fit	DS	Ranka
12:10-12:55p.m.	Yoga Fit	FHI	Edith
1:10-1:55 p.m.	Fit/Step 101	FHI	Marie/Revi
5:10-5:55 p.m.	Nia 101	FH2/3	Andreea
6:10-7p.m.	Aquafit	25 yd	TBA
6:10-6:55 p.m.	High/Low	FH 2/3	Martin
7:10-7:55 p.m.	Cardio Salsa (NEW)	FHI	MikeB.

## TUESDAY

11:10-11:55 a.m.	Nia 101	DS	Lainie
12:10-12:55 p.m.	High/Low	FHI	Lauren
1:10-1:55 p.m.	HABIT	FHI	Lauren
4:10- 4:55 p.m.	Sport Conditioning	FH4	Marie
5:10-5:55 p.m.	High/Low	FH2/3	Martin
6:10-7:00 p.m.	Step Abs Stretch 20-20-10	FH2/3	Jim

## WEDNESDAY

7:10-7:55 a.m.	High/Low	DS	Nicole H.
11:10-11:55 a.m.	Fun & Fit	DS	Leehe
12:10-12:55 p.m.	Stretch (NEW)	FS	Yvonne
12:10-12:55 p.m.	High/Low	DS	Dione
1:10-1:55 p.m.	Fit/Step 101	FHI	Dione
4:10-4:55 p.m.	Exerball 101	FS	Leehe
5:10-5:55 p.m.	Yoga Fit	FH2/3	Maria C.
6:10-7p.m.	Aquafit	25yd	Gerry
6:10-6:55 p.m.	High/Low	FH2/3	Angela & Ying

## THURSDAY

7:10-8:10 a.m.	*30-20-10 Cycle Run Stretch *Pre-registration is required 24 hours in advance for this class.	PZ	Ranka
11:10-11:55 a.m.	Exerball 101	LG	Georgette
12:10-1p.m.	AquaKick	25 yd	Maria C.
12:10-12:55 p.m.	Adv. Step	FHI	Martin
1:10-1:55 p.m.	TMC (NEW)	UG	Georgette
4:10-4:55 p.m.	Sport Conditioning	FH 4	Theo
5:10-5:55p.m.	Cardio Kick	FH2/3	Nicole H.
6:10-6:55 p.m.	HABIT	FH2/3	Jim
8:10-8:55 p.m.	Training Wheels* *Pre-registration is required 24 hours in advance for this class.	PZ	Tanya

## FRIDAY

10:10-10:55a.m.	Fit/Step 101	DS	Jennifer H.
11:10-11:55 a.m.	Fun & Fit	DS	Uli
12:10-12:55 p.m.	High/Low	FHI	Martin
12:10-1p.m.	Aquafit	25yd	TBA
1:10-1:55 p.m.	Yoga Fit	DS	Melissa
2:10-2:55 p.m.	Pilates 101	DS	Susan
5:10-5:55 p.m.	High/Low	FHI	Zoe

## SATURDAY

10:10-10:55 a.m.	Sport Conditioning	DS	Nicole M.
11:10- noon	Step Stretch Strength 20-20-10	DS	Jim
4:10-4:55 p.m.	Training Wheels* *Pre-registration is required 24 hours in advance for this class.	PZ	Tanya

## SUNDAY

10:10-10:55 a.m.	High/Low	DS	Nicole M.
4:10-4:55 p.m.	Cardio Groove	DS	Nicole H.

## LEGEND

25yd - 25yd Pool  
 FH - Field House  
 PZ - Pedal Zone  
 SCC - Strength and Conditioning Centre

**No classes in the Field House from 4:10 - 6:55 p.m. on Thursday, March 27.**

**No Exerball 101 class on March 13, 2008.**

**Cardio Groove will not be offered April 7 - May 11, 2008.**

## Registration Methods for Cycle Run Stretch and Training Wheels Classes

Registration is done by phone only, 416-978-3436. Registration opens at 8 a.m. the day prior to the course, closes thirty minutes before the Membership Services office closes on the day prior to the course. M-F registration will close at 9:30 p.m., Sa/Su at 4:30 p.m.. If the class is not sold out participants may come on the day of the course and the class on a first-come, first-serve basis.

A registered class participant is considered a no-show and their space is no longer guaranteed if they have not arrived in the facility five minutes after the class start time. At that time a 'drop-in' participant may take the space on a first-come, first-serve basis..

## FITNESS CLASS POLICIES

- For your safety and for consideration of your fellow participants please arrive on time. Entry may be limited after classes have started
- Classes are first come, first served. If the class is full the instructor may limit entry.
- No bags, coats or street shoes are permitted in the facilities. Please use the day lockers provided.
- Appropriate footwear, running/cross-training/ aerobic shoes must be worn in all group fitness classes except where indicated in Nia 101 and Aquafit classes.
- We encourage participants to modify workouts and participate to their fullest potential in all our classes. However 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.
- Those who participate in classes held in the Field House must be careful crossing the track, and should look both ways, especially at peak hours. • Aquafit classes require that participants shower prior to entering the pool.

**Schedules are subject to change.**

## INSTRUCTOR SUBSTITUTION AND TEMPORARY CLASS RELOCATION

High/Low on Friday, February 15 at 5:10 p.m. relocated to the Dance Studio

High/Low on Sunday, February 17 at 10:10 a.m. will be subbed by Mike B.