



# Activity Guide Schedules

## Fitness

Winter 2010

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

## CYCLE FIT

### Cycle Fit Instruction

#### Cycle Fitness

#12882	Jan. 18 - Mar. 29	M	12:10 - 1 p.m.	PZ	\$93
#12884	Jan. 19 - Mar. 30	T	12:10 - 1 p.m.	PZ	\$93
#12885	Jan. 19 - Mar. 30	T	6:10 - 7 p.m.	PZ	\$93
#12888	Jan. 21 - Apr. 1	R	12:10 - 1 p.m.	PZ	\$93
#12890	Jan. 22 - Mar. 27	F	12:10 - 1 p.m.	PZ	\$84

#### Cycle Fitness - Pay-as-you-go pass

In person purchase only, any regular class. PZ \$10

## PILATES

### Pilates Instruction

#### Pilates Level I

#12387	Jan. 18 - Mar. 29	M	12:10 - 1 p.m.	DS	\$62
#12388	Jan. 18 - Mar. 29	M	5:10 - 6 p.m.	DS	\$62
#12389	Jan. 19 - Mar. 30	T	5:10 - 6 p.m.	DS	\$62

#### Pilates Level II

#12391	Jan. 18 - Mar. 29	M	1:10 - 2 p.m.	DS	\$62
#12392	Jan. 19 - Mar. 30	T	6:10 - 7 p.m.	DS	\$62

#### Pilates Based Exerball

#12386	Jan. 20 - Mar. 31	W	1:10 - 2pm	LG	\$62
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## WEIGHT TRAINING

### Weight Training for Women

#13273	Jan. 19 - Feb. 9	T	5:10 - 6 p.m.	SCC	\$85
#13274	Jan. 21 - Feb. 11	R	5:10 - 6 p.m.	SCC	\$85

### Olympic Weight Lifting

#### Olympic Weight Lifting Level I

#13269	Jan. 22 - Apr. 2	F	5:10 - 6 p.m.	SCC	\$250
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#### Olympic Weight Lifting Level II

#13270	Jan. 22 - Apr. 2	F	6:10 - 7p.m.	SCC	\$250
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## YOGA

### Yoga Instruction

#### Ashtanga Yoga

#12410	Jan. 18 - Mar. 29	M	9:10 - 10:30 p.m.	DS	\$93
#12411	Jan. 19 - Mar. 30	T	12:10 - 1 p.m.	DS	\$62

#### Hatha Yoga

#12412	Jan. 20 - Mar. 31	W	1:10 - 2 p.m.	DS	\$62
#12413	Jan. 20 - Mar. 31	W	8:10 - 9:30 p.m.	DS	\$93
#12414	Jan. 21 - Apr. 1	R	5:40 - 7 p.m.	DS	\$93
#12415	Jan. 22 - Mar. 26	F	12:10 - 1 p.m.	DS	\$56

## SPECIALTY TRAINING

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

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#### 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

#### Olympic Weight Lifting – small group lessons

60 minutes x 5 sessions = \$150/person

## NUTRITION CONSULTATIONS

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#### 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 follow-up sessions  
\$196

#### Follow-up Package

30 minutes x five sessions  
\$144

## FITNESS ASSESSMENTS

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#### Fitness Assessment

55 minutes x 1 session = \$66

#### Fitness Assessment and 1 Personal Training Session

55 minutes x 2 sessions = \$126

## PERSONAL TRAINING

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### Small Group Training & Private Lessons

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#### Personal/Small Group

##### 1-on-1

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

##### 2-on-1

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

##### 3-on-1

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

##### 4-on-1

Session	2	5
Fee	\$290	\$684
Per session rate/person	\$36	\$34

### Combo Packages

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#### Get Strong

55 minutes x 4 sessions = \$203

#### Team Lite

55 minutes x 5 sessions = \$303

### One-on-One Strength Training Sessions

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#### Free Weights

55 minutes X 1 session = \$44

#### Atlantis Strength Circuit

55 minutes X 1 session = \$44

#### Hammer Strength Machines

55 minutes X 1 session = \$44

# WINTER DROP-IN GROUP FITNESS SCHEDULE

**Monday January 4 – Friday February 12 & Monday February 22 - Thursday April 1**

NB Reading Week, Sat Feb 13 to Sun Feb 21, reduced scheduled in effect

revised January 22, 2010

Classes marked with an asterisk \*\* require one day in advance registration. This can be completed in person at the Main Office or online at <http://econnect.fpeh.utoronto.ca/Activities/ActivitiesDetails.asp?ProcessWait=N&aid=605>

## Monday (January 4 – March 29) (Facility closed February 15)

11:10-11:55 a.m.	Fun n' Fit	DS	Joe
12:10-1:00 p.m.	SCC Circuit 101 Women Only**	SCC	SCC Staff (will not be offered February 15, 2009)
12:10-12:55 p.m.	ZUMBA®	UG	Jessica
12:10-12:55 p.m.	Yoga Basics	FHI	Edith
1:10-1:55 p.m.	Step	FHI	Paul
5:10-5:55 p.m.	Nia	FH 2/3	Andreea
6:10-7:00 p.m.	Aquafit-Deep Water	25 yd	Julia
6:10-6:55 p.m.	High/Low	FH2/3	Zoe
7:10-7:55 p.m.	ZUMBA®	FHI	Candice

## Tuesday (January 5 – March 30)

12:10-1:00 p.m.	SCC Circuit 101 Co-ed**	SCC	SCC Staff
12:10-12:55 p.m.	High/Low	FHI	Lauren
1:10-1:55 p.m.	HABIT	DS	Lauren
1:10-1:55 p.m.	Extreme Fit	FHI	Jen
5:10-5:55 p.m.	High/Low	FH 2/3	Martin
5:10-6:00 p.m.	FH Circuit 101 Co-ed**	FH	SCC Staff
6:10-6:55 p.m.	Step	FH 2/3	Jim
8:10-8:55 p.m.	Yoga/Pilates 101	DS	Jeffery

## Wednesday (January 6 – March 31)

11:10-11:55 a.m.	Fun n' Fit	DS	Leehe
12:10-12:55 p.m.	Exerball 101	LG	Paul
12:10-12:55 p.m.	High/Low	FHI	Dione
1:10-2:00 p.m.	SCC Circuit 101 Co-ed**	SCC	SCC Staff
1:10-1:55 p.m.	HABIT	UG	Dione
1:10-1:55 p.m.	Nia	FHI	Uli
5:10-5:55 p.m.	Yoga Basics	FH 2/3	Maria C.
6:10-7:00 p.m.	Aquafit-Deep Water	25 yd	Julia
6:10-6:55 p.m.	ZUMBA®	FH2/3	Candice

## Thursday (January 7 - April 1)

12:10-1:00 p.m.	FH Circuit 101 Co-ed**	FH	SCC Staff
12:10-1:00 p.m.	Aquafit-Deep Water	25 yd	Siobhan
12:10-12:55 p.m.	Nia	FH I	Andreea
12:10-12:55 p.m.	Adv. Step/TMC	DS	Georgette
1:10-1:55 p.m.	Cardio Box	FHI	Jen
5:10-5:55 p.m.	Step	FH2/3	Nicole
5:10-6:00 p.m.	SCC Circuit 101 Women Only**	SCC	SCC Staff
6:10-6:55 p.m.	Yoga/Pilates 101 *	F2/3	Carly

## Friday (January 8 – March 26)

11:10-11:55 a.m.	Fun n' Fit	DS	Uli
12:10-1:00 p.m.	Aquafit-Deep Water	25 yd	Siobhan/Kay
12:10-12:55 p.m.	High/Low	FHI	Martin
1:10-1:55 p.m.	Yoga Basics	DS	Melissa
1:10-1:55 p.m.	Training Wheels 101	PZ	Rosie
2:10-2:55 p.m.	Pilates 101	DS	Anne
5:10-5:55 p.m.	Cardio Box *	FHI	Dione
5:10-6:00 p.m.	SCC Circuit 101 Co-ed* *	SCC	SCC Staff

For the most up to date information, see [www.dropinrecreation.utoronto.ca](http://www.dropinrecreation.utoronto.ca).

updated Jan 22, 2010

**Saturday (January 9 – March 27)**

10:10-10:55 a.m.	Extreme Fit	DS	Georgette
11:10-12:00 p.m.	Step/TMC	DS	Jim

**Sunday (January 10 – March 28)**

10:10-10:55 a.m.	High/Low/TMC	DS	Nicole M.
11:10-12:00 p.m.	SCC Circuit 101 Co-ed**	SCC	SCC Staff

**YOUR CODE GUIDE**Days

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

Location

DS – Dance Studio  
 LG – Lower Gym  
 PZ – Pedal Zone  
 SCC – Strength &  
 Conditioning Centre

Accessibility

Classes in the Dance Studio and Strength & Conditioning Centre 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>

**Stay Connected!**

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.

**Notes: CANCELLED CLASSES due to Special Events / Holiday weekends.**

- \* Friday January 22, 5:10-5:55pm Cardio Box
- \* No classes Saturday February 13 to Monday February 15
- \*Thursday Feb 18 and Friday February 19, 12:10 – 1pm Aquafit
- \*Thursday March 25, 6:10-6:55pm Yoga/Pilates
- \* No classes Friday April 2 to Sunday April 4