



WINTER/SPRING 2024

REGISTRATION

Tuesday, December 12, 2023 at 7:00 AM
to
Monday, December 18, 2023 at 11:59 PM
Late Registration: Jan 9, 7:00 AM to Jan 10, 11:59 PM
There will be **NO** registration outside these dates.
Go to www.armourheightsadultfitness.ca/register
and follow the links to register.

IMPORTANT INFORMATION


You must complete your purchase and pay in full online before you are registered for any class.
Items in your cart may be removed if a class fills before you complete your payment.
No admittance to class unless you are registered.

CLASSES BEGIN
Tuesday, January 2, 2024

Class Location Symbols: **D** = Downstairs **G** = Gym **R** = Rooms 1 & 2

Class Duration: 1 hour

DAYTIME SCHEDULE OF ADULT CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Start Time</i>	Jan 8 - Jun 24	Jan 2 - Jun 18	Jan 3 - Jun 19	Jan 4 - Jun 20	Jan 5 - Jun 21	Jan 6 - Jun 22	Jan 7 - Jun 23
8:30 AM							Soul Sunday Yoga G Liz Vardan* 
8:45 AM						Pilates D Shelly Giggey	
9:00 AM	Body Sculpting G Eduardo Behar	Sweat & Sculpt G Veronica Ryan	Essentrics G Genevieve Heineman	Cardio Salsa G Gorete Almeida	Body Sculpting G Clarisse Bevelander		
9:30 AM							NIA D Natalie Foux
9:45 AM						Step 'n' Pump G Eduardo Behar	Total Body Workout G Lynda Kirow
10:15 AM	Step 'n' Pump G Eduardo Behar	Gentle Fit G Veronica Ryan	Pilates G Sally Graves	Gentle Fit G Veronica Ryan	Pilates G Clarisse Bevelander		
11:30 AM		Posture & Balance G Veronica Ryan		Yoga Fundamentals G Sharon Lewis			
12:30 PM			Strong Bones G Colin Blayney				
12:45 PM		Essentrics G Genevieve Heineman					
1:00 PM				Power of Posture G Natasha Leeson-Cooke & Shelly Giggey †			
2:00 PM		Tai Chi G Dondrub Wangchuk	Total Body Workout G Bonnie Paltsev*				
2:15 PM				Pilates G Clarisse Bevelander			
<i>Cancellation Dates</i>	No classes Feb 19, Apr 1 & May 20				No class Mar 29		No class in G Mar 31. No classes in D Jan 7, Feb 11, Mar 31

EVENING SCHEDULE OF ADULT CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<i>Start Time</i>	Jan 8 - Jun 24	Jan 2 - Jun 18	Jan 3 - Jun 19	Jan 4 - Jun 20
6:00 PM				
6:40 PM				Body Sculpting G Eduardo Behar
7:00 PM	Yoga Flow Lisa Novembre	Tabata Circuit G Beata Ishmael	HIIT G Olivia Ciarallo	
		Pilates D Shelly Giggey		Essentrics D Genevieve Heineman
7:45 PM			Restorative Yoga D Natalie Foux	
7:50 PM				30-20-10 G Eduardo Behar
8:15 PM	Zumba G Arun Pillai & Jannie Tatulis §			
<i>Cancellation Dates</i>	No classes Feb 19, Apr 1 & May 20			

CONTACT:

Just a reminder....
The Adult Committee is comprised solely of VOLUNTEERS.
Please keep this in mind when you are contacting them.

DAYTIME FITNESS

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EVENING FITNESS

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WEEKEND FITNESS & GENTLE FIT

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PILATES, TAI CHI & YOGA
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Classes in room R have been moved downstairs (room D), as of April 2, 2024.
* New instructor

† Natasha will teach approximately 70% of the classes.
§ Arun will teach Zumba until Jannie returns.

ARMOUR HEIGHTS ADULT FITNESS

CLASS DESCRIPTIONS ~ Not all classes are offered every session ~ Some classes have a more detailed description on our website~

30-20-10

This class consists of 30 minutes of high energy cardiovascular activity on the step, 20 minutes of strengthening exercises & 10 minutes of stretching / toning. Previous step training is recommended.

BARRE

This is a strengthening and toning workout using ballet and Pilates inspired moves. Hand weights, Pilates balls or bands may be used. Participants will use a body bar for balance. The class will provide a full-body workout that includes core & pelvic floor exercises as well as a cool-down stretch.

BODY SCULPTING

An intense muscular strengthening and resistance workout using weights, body bars, resistance bands, and more. It offers an excellent opportunity for participants who want to focus on increasing lean muscle mass and improving postural strength. There is no cardio component in this class.

CARDIO SALSA

Sweat up a storm while raising your heart rate to peak efficiency with Latin music that will inspire you to dance with style. This class is rounded out with some core and/or glute work or a cardio tabata.

ESSENTRICS

This full-body workout uses a dynamic combination of stretching and strengthening to rebalance the body, increase flexibility, prevent injuries and relieve pain. It develops lean muscles and improves your posture. This equipment-free workout will leave you feeling energized, youthful and healthy!

GENTLE FIT

A full workout at a more moderate pace. Emphasis is on range of motion rather than high-impact movements. Warm-up and cool-down are longer and the cardio segment has slower reps. Ideal for those returning to fitness or wanting a gentler class. Appropriate footwear must be worn.

HIIT

HIIT, or high-intensity interval training, is an effective training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short recovery periods. Exercises may include boxing, step, aerobics and various muscle conditioning activities.

NIA

NIA combines movements from low-impact aerobics, dance, martial arts and yoga. The result is a dynamic cardiovascular and body conditioning program set to eclectic music that will invigorate and inspire you.

PILATES

Pilates is great for strengthening and toning with a focus on your core and for increasing your flexibility. All levels are welcome and will be accommodated. Bringing your own mat is recommended.

POSTURE & BALANCE

With a variety of exercises, this class builds strength and balance while focusing on posture!

POWER OF POSTURE

Good posture is the foundation for overall good health, energy and youthful movement. It increases brain function, decreases muscle strain and promotes vitality. This class focuses on improving the strength and flexibility of all the large muscle groups, including the core and back, that support an upright strong posture. Come join the fun and leave feeling taller, energised and younger.

STEP 'N' PUMP

A stimulating workout using the step for the aerobic portion and muscle conditioning, using hand weights and resistance training for the strength/endurance portion. A warm-up, floor work and cool-down round out this class. Previous step training is recommended.

STRONG BONES

Strong Bones focuses on posture, balance and flexibility to offset the risk of injury we face from reduced bone mass as we age. It is taught by a Bone Fit™ instructor with training in evidence-based, safe and gentle exercises for people with osteopenia and osteoporosis. Improve your body awareness, back and core strength and reduce your risk of falls. Learn tips to improve how you move during your daily activities to optimize your health. This class is recommended for those with osteoporosis and anyone concerned about reduced bone mass and risk of fracture.

SWEAT & SCULPT

A total body, fat burning, interval workout. Alternate between resistance training and cardio exercises to get the heart rate going and make you sweat! Exercises may include boxing, step, aerobics and various muscle conditioning activities.

TABATA CIRCUIT

Tabata alternates short periods of high-intensity exercise with brief rest periods to burn calories and improve cardiovascular health. It is an energetic class with lots of variety that offers a more demanding workout. Circuit training is a workout that involves rotating through various exercises targeting different parts of the body.

TAI CHI

Tai Chi is part of the Chinese Internal Martial Arts System. It is a series of postures linked together with flowing, circular movements that keep the body, mind, and spirit limber and balanced. Tai Chi promotes one's mental tranquility, improves physical fitness, increases blood circulation and is an excellent form of self-defense.

TOTAL BODY WORKOUT

A great total body workout combining cardiovascular activity with targeted toning exercises for abdominals, arms, legs and buttocks

YOGA CLASSES

Bringing your own mat is recommended.

HATHA YOGA This classical approach focuses on breathing awareness and balance and energizes mind, body and soul. **RESTORATIVE YOGA** A restful practice for slowing down and opening your body through passive stretching. Suitable for practitioners of all levels. This practice holds yoga poses for a longer duration using props like yoga blocks and straps. It includes muscle relaxation working with tennis balls to release trigger points. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind. **SOUL SUNDAY YOGA** A "Release and Reset" Soul Sunday Yoga class offers a transformative experience, focusing on letting go of stress and tension and resetting the mind and body for the week ahead. In this classical hatha yoga practice you will unwind and create space for rejuvenation. Guided by mindful breathwork, you will form a deep connection between your body and mind as we use the yoga poses to help us find balance, flexibility and strength in our bodies as well as in our daily lives. Stretch the possibilities! **YOGA FLOW** uses a series of flowing postures known as Vinyasa Flow - a fast-paced series of poses called sun salutations followed by a flow of standing and seated poses which maximize strength, concentration and vitality, linking breathing and movement. **YOGA FUNDAMENTALS** Conducted in the Classical Hatha Yoga method, the practice aims to strengthen, awaken, relax, and create balance. The class will focus on getting you into the correct pose, making your practice more meaningful and beneficial.

ZUMBA Get ready to tone and burn fat with interval training to a Latin beat.

PRICES

WINTER/SPRING 2024

FITNESS, PILATES & TAI CHI.....\$100

YOGA.....\$120

GENTLE FIT.....\$75



POLICY RE CHILDREN

Please note that **NO CHILDREN** of any age are allowed in the gym during adult programs, **even on an occasional basis**. This is a Toronto Parks and Recreation policy. Participants who disregard this policy can be removed from programs.

For further information, please contact Joanne Lau at (416) 392-6570.

PAYMENT

- Payment will appear on your credit card or bank statement as a charge by **TEAMSNAAP**.
- If a class does not appear available during registration, it is full. **NO WAIT LISTS**.
- **No refunds. Credits will be offered for Fall and Winter/Spring until the session has started and are subject to a \$10 processing fee per class. No credits for Summer.**
- We reserve the right to cancel any programs due to insufficient enrolment.

ALL FITNESS CLASSES:

- require prior registration.
- are one hour long.
- are **Co-Ed** and restricted to participants 18 years and older.
- require that appropriate non-slip footwear be worn, with non-marking soles, unless instructor permits bare feet.

SAFETY & ETIQUETTE

Participants must:

- arrive on time.
- refrain from coming to class if feeling the least bit unwell.
- refrain from entering until the previous class has finished.
- silence cell phones during class.
- avoid wearing fragrance.

Those arriving late or leaving early are responsible for conducting their own warm up or cool down. If you have a health condition or injury, consult your physician to determine whether it is safe to do these exercises.

RISK/LIABILITY WAIVER

BY REGISTERING FOR OUR CLASSES, YOU ACCEPT THE FOLLOWING:

I attest that, to the best of my knowledge, I do not currently suffer from a health condition or infectious disease such as COVID-19 that makes it unsafe for me or others to participate in this class.

I recognize that there is a risk of injury associated with exercise activities and I willingly assume such risk of injury. In consideration for being permitted to participate in this class, I hereby release, waive and forever discharge Armour Heights Adult Committee and the City of Toronto, and their respective officers, directors, employees, representatives, agents and volunteers, from all causes of action, claims, demands, damages, losses, expenses and legal fees, whatsoever and howsoever caused, arising by reason of my participation in this class.

COMMUNITY CENTRE CLOSURES

As the community centre is used year-round, it must be closed periodically for cleaning and maintenance, as well as for elections. We may also be forced to close on occasion due to strikes, inclement weather, no access to gym/instructor, etc. These closures are beyond our control and **NO REFUNDS WILL BE GIVEN** under these circumstances. We regret any inconvenience.

For further information on closures, please contact Joanne Lau at (416) 392-6570.