

# SUMMER



# 2017

## ARMOUR HEIGHTS CO-ED ADULT PROGRAMS

### ONLINE REGISTRATION

Monday, June 19, 2017 at 7:00 a.m. to  
Thursday, June 22, 2017 at 11:59 p.m.  
Go to [www.armourheightscommunitycentre.com](http://www.armourheightscommunitycentre.com)  
and follow the links to register.

In-person registration for GENTLE FIT ONLY  
Thursday, June 8, 2017  
12:45 - 1:15 p.m. in Room 1 & 2

Fall Online Registration is Wed. Aug. 16 - Sun. Aug. 20, 2017  
Gentle Fit Registration is Thursday, August 10, 2017 in the gym.

### IMPORTANT INFORMATION

Please note that the online registration system requires that you complete your purchase and pay in full before you are registered for any class. Once you have items in your cart, you must continue and complete your purchase in order to be registered. No admittance to class unless you are registered.

**CLASSES BEGIN**  
**Tuesday, July 4, 2017**

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

## SCHEDULE OF ADULT CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Start Time</b>	July 10 - Aug. 14	July 4 - Aug. 15	July 5 - Aug. 16	July 6 - Aug. 17	July 7 - Aug. 18	July 8 - Aug. 19	July 9 - Aug. 20
<b>9:00 am</b>	<b>Step 'n' Pump G with Tabata</b> Carmela Padula	<b>Total Body Workout G</b> Tova Kopstick	<b>Total Body Workout G</b> Veronica Ryan	<b>Body Sculpting G</b> Sharon Attias	<b>Jazzercise G</b> Lindsay Roden	<b>Step 'n Pump G</b> Eduardo Behar	<b>Tabata Circuit G</b> Lynda Kirow
<b>9:30 am</b>		<b>NEW!</b>				<b>Hatha Yoga D Beg/Int (1 Hr.)</b> Rachel Kramer	
<b>10:15 am</b>	<b>NEW!</b> <b>Body Sculpting G</b> Eduardo Behar	<b>Pilates G</b> Bonnie Tepperman	<b>Gentle Fit G</b> Veronica Ryan	<b>Gentle Fit G</b> Lauren Shuster	<b>Meditation D</b> Ann-Marie Ahye/ Jordana Glassman	<b>NEW!</b>	<b>NEW!</b> <b>Body Sculpting G</b> Natasha Leeson-Cooke
<b>7:00 pm</b>	<b>Zumba D</b> Jannie Tatulis	<b>Cardio Core G</b> Beata Ishmael	<b>Restorative Pilates G</b> Sally Graves	<b>20-20-20 G</b> Eduardo Behar	<b>Tabata Circuit G</b> Lynda Kirow	<b>NEW!</b>	
	<b>Step 'n' Pump G</b> Natasha Leeson-Cooke	<b>Stretch &amp; Strength D</b> Carole Bonnici		<b>NIA D</b> Cinzia Cavalieri			
		<b>Ashtanga Yoga R Int. (1.5 Hr.)</b> Lisa Novembre	<b>NEW!</b>				
<b>7:45 pm</b>			<b>Tai Chi Beg/Int D</b> Dondrub Wangchuk				
<b>Cancellation Dates</b>	No Class Aug. 7						No Class Aug. 6

# CLASS DESCRIPTIONS

## BODY SCULPTING

An intense muscular strengthening and toning workout using weights, bodybars, dynabands and tubes. There is no cardiovascular component.

## CARDIO CORE

This workout, suitable for all fitness levels, features traditional low-impact aerobic moves followed by targeted exercises to tone and shape.

## 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.

## JAZZERCISE

Jazzercise is a fusion of jazz dance, resistance training and body sculpting with cardio.

## MEDITATION

Meditation can support mental clarity and well-being. Learning to engage bare attention can relieve the default of a busy, anxious mind and the distress of a heavy, ruminating mind. Come and open up to meditation. Please bring your mat and a thick blanket or firm cushion for sitting.

## NIA

NIA (neuromuscular integrative action) combines movements from low-impact aerobics, dance, martial arts and yoga. The result is a dynamic program that will invigorate and inspire you.

## PILATES

Pilates is a system of body movement training that focuses on breathing control, correct body alignment and muscle balance and control to achieve flowing movement with maximum ease. **RESTORATIVE PILATES** has a special emphasis on those with previous injuries or back problems and is also suitable for beginners.

## 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. Previous step training is recommended.

## STRETCH & STRENGTH

This class uses a wide range of exercises to stretch, strengthen and tone muscles and joints. Hand weights, blocks, straps, walls & your own body weight are used to achieve optimal stretches and more effective resistance training. There is no aerobic component.

## 20-20-20

A complete workout from head to toe! This class consists of 20 minutes of high energy cardiovascular activity with step, 20 minutes of toning/strengthening & 20 minutes of stretching.

## TABATA CIRCUIT

Tabata training workouts are all the rage these days and for good reason: this high energy training is fun, blasts calories, and produces remarkable results.

## TAI CHI BEG/INT

Tai Chi is a series of postures linked together with flowing, circular movements that keep the body, mind, and spirit limber and balanced. It is also 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

Revitalize the body's energy centres. Regenerate body, mind and spirit and experience deep relaxation. Ashtanga yoga is a more energizing, somewhat faster paced class. Participants must provide their own yoga mat.

## ZUMBA

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

## PRICES

**ALL CLASSES  
ARE \$10.00  
FOR THE SESSION  
EXCEPT ASHTANGA YOGA  
WHICH IS \$15.00**

## ALL FITNESS CLASSES

- Are one hour long unless otherwise noted.
- Are **Co-Ed** and are open to participants **18 years and over**. Proof of age and identity may be required.
- Require that running shoes be worn, with non-marking soles.

## 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 Tiffany Stevens at (416) 395-7848.*

## PAYMENT

- Online registration payment using Visa or MasterCard only.
- Charges will be made by Armour Heights Community Centre
- Gentle Fit payment **CHEQUES ONLY** (Payable to A.H.A.C.)
- **NO REFUNDS or WAIT LISTS**
- All returned NSF cheques are subject to a \$20 charge.

We reserve the right to cancel any programs due to insufficient enrolment.

## FITNESS ETIQUETTE

1. **There is NO late admittance to Yoga and Pilates. Participants should arrive ON TIME** and those who have to leave early must do so **BEFORE** cool-down begins so as not to disrupt the class.
2. In consideration of others, please **do not use CELL PHONES in class** – take them out of the room.
3. **NO PERFUME** in class please, as some people are allergic. **Participants who continually disregard these policies, or otherwise disrupt the class, can be removed from programs.**

## 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 on this policy, please contact Tiffany Stevens at (416) 395-7848.*

## RISK/LIABILITY WAIVER FOR ARMOUR HEIGHTS CC PROGRAMS

I recognize that risk of injury or potential health risk may be involved in participation in the Armour Heights program/activity. I hereby willingly assume such risk of injury or health risk for myself or for the person(s) for whom I am in law responsible and assume full responsibility during and after my/their participation in the program/activity.

In consideration of the acceptance of my application and the permission to participate in the program/activity, I, for myself, my heirs, executors, administrators, successors and assigns, **HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE** the City of Toronto, all other organizations, associations and companies associated with any of the programs offered by the City of Toronto and all their respective agents, employees, officials, servants, contractors, representatives, elected and appointed officials, successors and assigns **OF AND FROM ALL** claims, demands, damages costs and actions whatsoever and howsoever caused, arising or to arise by reason of my participation in the program or any of its associated activities.