



UHN - GROUP EXERCISE SCHEDULE

November 2014 - February 2015

Last Updated: October 30, 2014
 Effective Date: November 3, 2014
 UHN Wellness Centre: 1NU-168
 Email: wellness@uhn.ca
 Phone: 416-340-4486

TORONTO GENERAL HOSPITAL GERRARD SPACE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11:15 - 12:00pm Bands & Bikes Virginia Darling		
12:00 - 12:30pm 30 MIN Sculpt Virginia Darling		12:00 - 12:30pm 30 MIN BUTTS & CORE Virginia Darling		12:05 - 1:00pm Bootcamp Virginia Lee
12:30 - 1:00pm 30 MIN SPIN Virginia Darling		12:30 - 1:00pm 30 MIN Tabata Virginia Darling		
	1:15 - 2:15 Sculpt & Spin Phil		1:15 - 2:00pm SPIN Virginia Lee	1:05 - 2:00pm Upper Body Express Virginia Lee
4:15-5:15pm Circuit Training Phil	4:15 - 5:15pm SPIN Phil	4:10 - 5:10pm ZUMBA Damarys	4:15-5:15pm Sculpt & SPIN Virginia Darling	
	5:15 - 6:15pm BOOTCAMP Virginia Darling		5:15 - 6:15pm BOOTCAMP Virginia Darling	

TORONTO GENERAL HOSPITAL WELLNESS CENTRE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12:15 - 1:00pm Beginner Pilates Katelynn		12:15 - 1:00pm Intermediate Pilates Katelynn

YOGA IN THE DEGASPERIS CONSERVATORY @ TGH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15 - 1:00pm BEGINNER YOGA Amanda		12:15 - 1:00pm Intermediate YOGA Amanda		12:15 - 1:00pm YOGA Carla

Room Capacities
 TGH Gerrard Space: 20
 TGH Wellness Centre: 10
 TGH DeGasperis Conservatory: 20
 PMH 6-702/702: 12
 UC Auditorium: 20
 UC 10-204: 10

TORONTO WESTERN HOSPITAL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:05 - 12:50pm Pilates Katelynn Artists' Health Centre Studio		12:05 - 12:50pm YOGA Katelynn FP6-103	

PRINCESS MARGARET CANCER CENTRE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:00 - 12:55pm YOGA Carla 6-702/703	12:00 - 1:00pm YOGA Stephanie 6-702/703		
	5:15-6:00pm ZUMBA Damarys 6-702/703			

BICKLE CENTRE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:05 - 12:50pm YOGA Melissa Auditorium			

RUMSEY CENTRE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

LYNDHURST CENTRE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:10-12:55pm YOGA David Th. Day Room 185			

UNIVERSITY CENTRE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 - 5:00pm FIT & STRONG Virginia Lee Auditorium		4:15-5:15pm Pilates Robin 1-004-27	12:05 - 12:50 Zumba Damarys 10-204	

FLEX PASSES	1 Class Flex Pass	10 Class Flex Pass	* To attend any of the group exercise classes, employees must purchase a Flex Pass (to do so through the eLearning system, click on the appropriate pass to the left).
	5 Class Flex Pass	20 Class Flex Pass	