Kat & Keirah’s Corner
MON JUN 28
1:00 PM
Let’s talk Sports, Life and Everything in Between!

Experience the benefits of working with a Personal Trainer in a fun and motivating small group setting.

Small Group Workouts
MON JUN 28
4:15 PM

eGames: TETRIS
TUE JUN 29
7:00 PM
Tetris Tournament: Compete in 1 on 1 Matches

Drop in for a quick lunch time Yoga stretch break to ease your muscles and energize your mind.

Yoga Stretch Break
WED JUN 30
12:30 PM

MoveU Group Workout
WED JUN 30
5:00 PM
Drop in with the MoveU Team as they lead a group fitness workout. All fitness levels welcome.

Tune into the Empow(her) Podcast as the UTSC Women’s Fitness Ambassadors (WFA’s) discuss a variety of topics!

Empow(her) Podcast
FRI JUL 02

ENJOY YOUR CANADA DAY WEEKEND!
REGISTER NOW

REGISTERED VIRTUAL CLASSES
CLASSES BEGIN JULY 5TH!
BALLET • FITNESS KICKBOXING • DANCEFIT
CONTEMPORARY DANCE

FITNESS LIFESTYLE CONSULTATIONS
SUGGESTIONS WILL BE ON AN INDIVIDUAL BASIS
EMAIL RAMONA:
Ramona.Seupersad@utoronto.ca

LIVE FITNESS CLASSES
ZUMBA
YOGA
LATIN DANCE
HATHA FLOW
TOTAL CORE
& MORE
tpsc.ca/live-classes

UTSC TENNIS
130 OLD KINGSTON RD
MONDAY - FRIDAY
WEBSITE FOR DETAILS

REGISTER NOW
at recreation.utoronto.ca
ALL LINKS CAN BE FOUND ON OUR WEBSITE