



Fitness Classes

Winter

JANUARY 8 - MARCH 22





**Winter 2024
January 8-March 22**

Please note the registration process:

Here is the link to the online registration form:

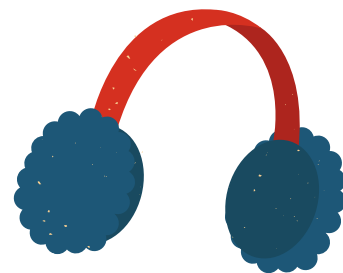
CLICK HERE TO REGISTER: <https://forms.office.com/r/CPCYS5i7PL>

If you need help filling out this form send us an email or call us

email: TAMI@HUTTONHOUSE.COM call: 519-472-6381 ext. 1239

We will email you to let you know what classes you are in. There are limited spaces in classes but we always try to put you in as many classes as possible.

**No Classes on
Monday, February 19th
due to Family Day**



Registration Deadline: November 30th, 2023

Registration requests received after this date will be considered on a first come first served basis

Payment Options:

Do not send
money until we
have confirmed
your classes

After we have confirmed which classes you are in, we will send you an invoice. Please pay the invoice when you receive it.

- **Call 519-472-6381 to pay over the phone using a credit card.**

OR

- **Drop off a cheque or exact change at 654 Wonderland Rd N made out to Hutton House**

OR

- **Come into 654 Wonderland Rd N to pay with debit/credit/cash in person**

OR

- **Mail a cheque (made out to Hutton House) to:
654 Wonderland Rd N, London, ON N6H 3E5**

1 Hour In Person Class Cost: \$40

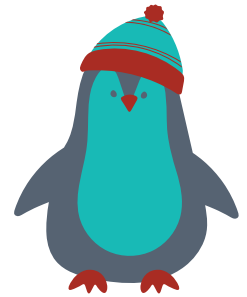
1.5-2 Hour In Person Class Cost: \$50

Online Class Cost: \$30

Most classes can be paid for using Passport funds.



Online Class Details



- Classes are 45 or 60 minutes long
- Each class costs \$30
- You may need fitness equipment for some of the classes - we will connect with you via email about pick up times

What do you need to join our online classes?

- **an email address**
- **internet access**
- **a tablet/iPad/smartphone or a desktop/laptop with a webcam and microphone**

Please note, if you do not have a suitable device we may be able to help! Contact artworks@huttonhouse.com for more information.

We're using Zoom for our online classes. If you are new to Zoom we can help you figure out how to use the app. Once we have confirmed you are registered in a class you will receive an email invitation on the morning of the class. When the class is scheduled to start, click on the link to join the class!



Agreement for Online Fitness Classes

The Hutton House Fitness Centre wants to provide a safe and supportive environment for you to participate in online physical activity. The Fitness Facilitators will talk with you about exercising safely.

Because classes are being provided online, please understand:

- **The Facilitators may not be able to see your whole body while exercising**
- **The Facilitators may not be able to see your exercise space to check for tripping hazards, etc.**
- **You need to communicate any tiredness, discomfort, pain or any other symptoms with the Fitness Facilitator during or after your workout**
- **If you have your own equipment at home, the Fitness Facilitator can include that in your workout plan but you do so at your own risk and you need to make sure you are using the equipment safely**
- **The Fitness Facilitator cannot accept any responsibility for other people who may join you in your workout and are not registered in the class (i.e. friends/family)**

If your emergency information changes, you need to let one of the the Fitness Facilitators know immediately. While participating in online fitness classes provided by Hutton House, you agree to take full responsibility for any risks, injuries, damages, unknown or known, which you might incur as a result of participating in the online classes.

MONDAY AFTERNOON**DANCE-FIT**

Do you like to dance? In this class we will explore energetic movements to some upbeat music. The goal is to move your body while having fun and getting strong!

*No class Monday, February 19 due to Family Day

Time: 1:00pm - 1:45pm

Start Date: January 8 End Date: March 18

**CIRCUIT TRAINING/STRETCH AND RELAX COMBO**

Enjoy a full body workout using bands and other equipment you may have in your home, followed by a relaxing stretch routine. The goal is to improve strength and flexibility, while offering cardiovascular exercise.

Please read the agreement on page 5 for information about using your own equipment.

*No class Monday, February 19 due to Family Day

Time: 3:00pm - 3:45pm

Start Date: January 8 End Date: March 18

Did you know?

We have our own Fitness Centre account on Instagram? Follow us to see pictures of all the fun things we do in our classes. While you're there, check out what we've got going on with our other Hutton House accounts:



**@huttonhousefitnesscentre
@huttonhouseartworks
@huttonhousepottery
@huttonhouse**



**And if you want to follow us on Facebook, search
@HuttonHouseLdn**

**TUESDAY AFTERNOON****VIRTUAL CHEF'S COOKING CLUB**

Calling all fellow foodies! In this class we will focus on cooking foods that we enjoy preparing and eating during the cold winter months. In this class you will learn about cooking basics, including measurement conversions and reading recipes.

Cook in your own kitchen and learn how to substitute ingredients to accommodate common allergies like dairy and gluten.

Access to a stove and microwave are necessary for this class. Registered participants will receive an email which will outline directions for the first class.

Time: 3:00pm - 4:00pm**Start Date: January 9 End Date: March 19**

Social Worker Services

Did you know we offer social worker services including free counselling and workshop opportunities? For more information visit

www.huttonhouse.com or send an email to:

**Lisa Havens, MSW, RSW
socialworker@huttonhouse.com**

**THURSDAY AFTERNOON****ANYTHING GOES**

Do you enjoy variety in your routine? If so, then this class is for you! Each time you attend your exercises will vary. This may include a shadow boxing class, circuit, bands class, stretching or yoga.

Time: 2:30pm - 3:30pm**Start Date: January 11 End Date: March 21****FRIDAY MORNING****STRETCH AND RELAX**

We can't think of any better way to spend a Friday morning than to have a stretch and relax class. Join us for some stretching, relaxation, breathing and meditation exercises. You'll leave this class feeling a little more relaxed and grounded.

**Time: 11:00am - 11:45am****Start Date: January 12 End Date: March 22**

**More online classes in
ARTworks flyer
& Adult Education flyer**



BUILDING ARRIVAL

Hutton House Fitness classes start at 9:00 am or later.

Please **book your transportation** as close to the start time as possible. This will make sure everyone is safe and supervised by their program staff.

Note that our building doors do not open before 8:30am.

An example would be:

You have an afternoon class at Hutton House which starts at 1:00.

Time to arrive is between 12:45 pm and 1:00 pm.

We understand that this is not always possible with transportation issues but unfortunately we do not have enough staff to supervise participants in times that are outside of the classroom hours.



LUNCH



If you have a morning and afternoon class at Hutton House and you would like to stay to eat your own lunch, there are limited spaces. Please connect with Sarah (sarah@huttonhouse.com) before the winter session to talk about lunch space availability.

Lunches should be eaten at home unless you are here for a morning and afternoon class.



**Winter 2024
January 8-March 22**

MONDAY MORNING

CIRCUIT TRAINING

Enjoy a full body workout using dumbbells, kettlebells, machines, bands and other equipment found in the gym. The goal is to improve strength and offer cardiovascular exercise. This class is great for those who are familiar with exercises and comfortable moving around the gym independently.

*No class Monday, February 19 due to Family Day

Time: 9:30am - 10:30am

Start Date: January 8

End Date: March 18



MONDAY AFTERNOON

ANYTHING GOES with DANCE

Back by popular demand, we are offering a class where absolutely anything goes. In this class, each time you attend your exercises will vary. This may include a dance class, circuit, bands class, stretching and yoga or maybe make a snack or smoothie.

*No class Monday, February 19 due to Family Day



Time: 1:00pm - 2:00pm

Start Date: January 8

End Date: March 18

TAI CHI AND STRETCH

Join us for this practice which involves a series of slow, gentle movements and physical postures, a meditative state of mind, and controlled breathing. We will also include stretching sequences for the ultimate relaxing experience.

*no class Monday, February 19, due to Family Day

Time: 2:00pm - 3:00pm

Start Date: January 8

End Date: March 18



TUESDAY MORNING**ADAPTIVE WELLNESS: EMBRACING DIVERSITY IN MOVEMENT**

Damian Warner Fitness Centre and Hutton House have partnered to offer a fully accessible fitness class to both Hutton House Fitness members and Damian Warner Fitness members. We will be offering a full body workout facilitated by a Hutton House Fitness Instructor. Modifications will continue to be offered just as they are at the Hutton House Fitness Centre.

Classes will be held at Damian Warner Fitness Centre, located at 3918 Wonderland Rd. S. (at Southdale)

*Hutton House Participants will be required to sign a waiver at Damian Warner the first week of classes

Time: 9:30am - 10:30am**Start Date: January 9****End Date: March 19****TUESDAY AFTERNOON****LET'S LUNCH!**

In this class we will create healthy lunches together. We will focus on light, healthy and delicious lunch ideas. The goal is to improve your comfort level and skills in the kitchen and learn tips and tricks for making your own food at home.

**Time: 1:00pm - 3:00pm****Start Date: January 9****End Date: March 19**

TUESDAY AFTERNOON**JAZZERCISE LITE**

Fitness that's not intimidating, just invigorating! This class pairs moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements.

Time: 2:30pm - 3:30pm**Start Date: January 9****End Date: March 19****WEDNESDAY MORNING****BANDS AND STABILITY**

Enjoy a full body workout that includes strength training and balance exercises mixed with cardiovascular exercises. In this class we will use resistance bands and a few other pieces of equipment.

**Time: 9:30am - 10:30am****Start Date: January 10****End Date: March 20****WEDNESDAY AFTERNOON****BARS, BELLS AND BANDS**

Enjoy a full body workout that includes strength training, cardiovascular endurance and balance exercises. We will use a variety of equipment, with the focus on barbells, body bars, dumbbells, kettlebells and resistance bands.

Time: 1:00pm - 2:00pm**Start Date: January 10****End Date: March 20**



**Winter 2024
January 8-March 22**

WEDNESDAY AFTERNOON

YOGA

A combination of gentle yoga postures and breathing practices to increase mobility and bring peace and calm to the body and mind. Please note that there may be some floor work involved. Please feel free to reach out with questions.

Time: 2:00pm - 3:00pm

Start Date: January 10

End Date: March 20



THURSDAY MORNING

CIRCUIT TRAINING

Enjoy a full body workout using dumbbells, kettlebells, machines, bands and other equipment found in the gym. The goal is to improve strength and offer cardiovascular exercise. This class is great for those who are familiar with exercises and comfortable moving around the gym independently.

Time: 10:00am - 11:00am

Start Date: January 11

End Date: March 21

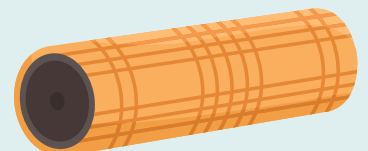
Fascia Release and Stretch

Fascia is the connective webbing surrounding all muscles and nerves. In this class we will use foam rollers, lacrosse balls and resistance bands to work at releasing tight fascia in order to loosen and lengthen fascia and free up muscle tension.

Time: 11:00am - 12:00pm

Start Date: January 11

End Date: March 21

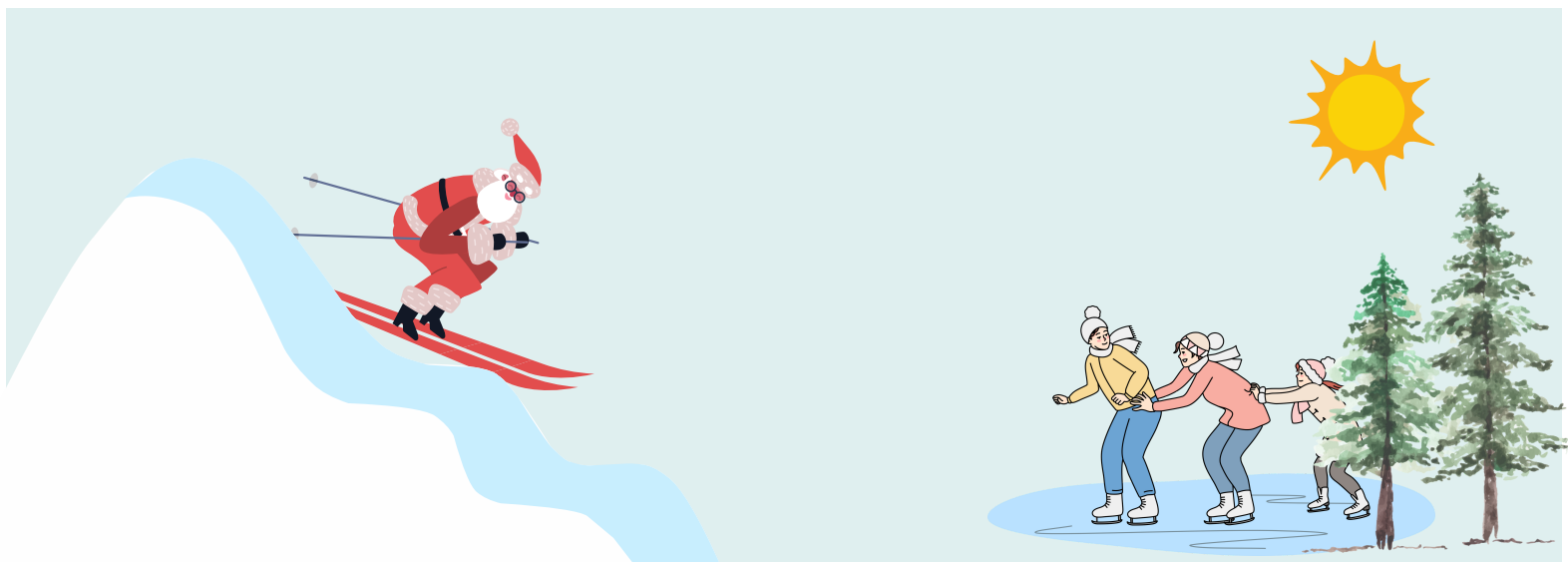


THURSDAY AFTERNOON**ART AND FLOW**

This unique class combines adaptive movements and art in one. The first half of the class will have simple, expressive art making using different materials. The second part of the class will have guided movement and a relaxation period. This class is geared for all abilities.

Time: 1:00pm - 3:00pm**Start Date: January 11****End Date: March 21****ART****ANYTHING GOES with BOXING**

Back by popular demand, we are offering a class where absolutely anything goes. If you enjoy variety in your routine then this class is for you! In this class, each time you attend your exercises will vary. This may include a shadow boxing class, circuit or bands class, stretching and yoga

**Time: 1:00pm - 2:00pm****Start Date: January 11****End Date: March 21**

FRIDAY MORNING**ADAPTIVE WELLNESS: EMBRACING DIVERSITY IN MOVEMENT**

Damian Warner Fitness Centre and Hutton House have partnered to offer a fully accessible fitness class to both Hutton House Fitness members and Damian Warner Fitness members. We will be offering a full body workout that will include equipment found in the club studio. The class will be facilitated by a Hutton House Fitness Instructor. Modifications will continue to be offered just as they are at the Hutton House Fitness Centre.

Classes will be held at Damian Warner Fitness Centre, located at 3918 Wonderland Rd. S. (at Southdale)

* Hutton House Participants will be required to sign a waiver at Damian Warner the first week of classes

Time: 9:30am - 10:30am**Start Date: January 12****End Date: March 22****FRIDAY AFTERNOON****FRIDAY FITNESS FUN AND FRIENDS**

A little bit of everything! Have you ever wanted to try one of our fitness classes, but you weren't sure which one you might like? Here's your chance to try a bit of everything. This session will include Yoga, Tai Chi, Boxing, Circuit, Stretch and Relax, Bands and Stability, Cardio Drumming, and more. The last 15 minutes will be dedicated to socializing with each other. Don't miss out on the fun!

Time: 1:00pm - 2:00pm**Start Date: January 12****End Date: March 22**