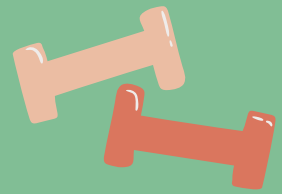
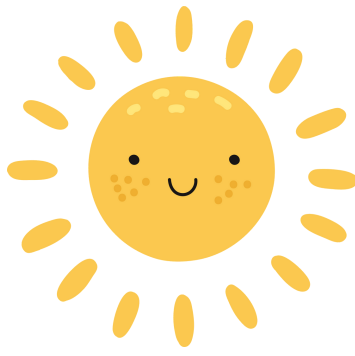




SPRING 2024

# *Fitness Classes*





**Spring 2024  
April 2 - June 21**

**Please note the registration process:**


**CLICK HERE TO REGISTER:**

**<https://forms.office.com/Pages/ResponsePage.aspx?id=tVXizPEyqECQ9022F3Q5iN0nRWvNMwhGuD76acKpi5FUQkc1NU1aOUE5WkhPTVJDM0k2TFRTMFIxTy4u>**


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

**email: [TAMI@HUTTONHOUSE.COM](mailto: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.**



**There are no classes:  
Wednesday May 15th for staff training or  
Monday May 20th for Victoria Day**



**Registration Deadline: March 4th, 2024**

**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.**



# 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

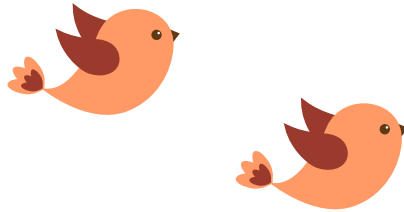


If you have a morning and afternoon class at Hutton House and you would like to stay to eat your own lunch, there are limited spaces. Please connect with Sarah ([sarah@huttonhouse.com](mailto:sarah@huttonhouse.com)) before the session to talk about lunch space availability.

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







**Spring 2024  
April 2 - June 21**

## **MONDAY MORNING**

### **STRONG BODY**

Enjoy a full body workout using dumbbells, kettlebells, machines, bands and other equipment found in the gym. The goal is to improve strength, stability and mobility. This class will offer both Instructor led sessions as well as rotating circuits within the gym.

\*No class Monday, May 20 due to Victoria Day

**Time: 9:30am - 10:30am**

**Start Date: April 8**

**End Date: June 17**



## **MONDAY AFTERNOON**

### **MONDAY MADNESS**

Do you enjoy variety in your workouts? In this class, each time you attend you may do a different type of workout. This may include dance, circuit, bands, stretching, yoga or maybe make a snack/smoothie.

\*No class Monday, May 20 due to Victoria Day

**Time: 1:00pm - 2:00pm**

**Start Date: April 8**

**End Date: June 17**



### **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.

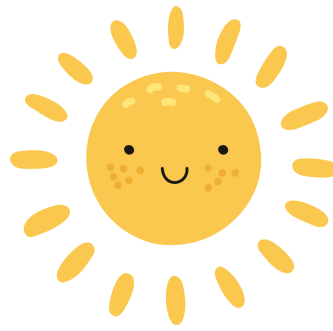
\*No class Monday, May 20 due to Victoria Day

**Time: 2:00pm - 3:00pm**

**Start Date: April 8**

**End Date: June 17**



**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: April 2      End Date: June 18**

**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: April 2**

**End Date: June 18**



**TUESDAY AFTERNOON****MOVE TO THE MUSIC**

Fitness that's not intimidating, just invigorating! This unique class pairs musical instruments (like drums and boomwhackers) with moderate exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements.

**Time: 1:00pm - 2:00pm****Start Date: April 2****End Date: June 18****WEDNESDAY MORNING****BODY BLAST**

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.

\*No class Wednesday, May 15

**Time: 9:30am - 10:30am****Start Date: April 3****End Date: June 19****WEDNESDAY AFTERNOON****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 Wednesday, May 15

**Time: 1:00pm - 2:00pm****Start Date: April 3****End Date: June 19**



**Spring 2024  
April 2 - June 21**

**THURSDAY MORNING**



**POWER HOUR CIRCUITS**

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: April 4**

**End Date: June 20**



**STRETCH AND RELEASE**

In this class we will do a variety of stretching exercises that include both dynamic and static stretching. We may also use foam rollers and lacrosse balls to free up muscle tension. You'll leave this class feeling a little more relaxed and grounded.

**Time: 11:00am - 12:00pm**

**Start Date: April 4**

**End Date: June 20**

## **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**

**THURSDAY AFTERNOON****FIRST AID BASICS**

Have you been interested in learning how to help someone in an emergency situation? Here is your opportunity to take a workshop that will allow plenty of time for learning and practicing first aid. Our Red Cross Instructor will teach you the following topics:

- 1.Chain of survival
- 2.Check, Call, Care
- 3.Choking (recognition, back blows, abdominal thrusts, chest thrusts)
- 4.CPR/AED (signs of heart attack and stroke, compression only CPR, CPR with AED)
- 5.Life-threatening bleeding
- 6.Breathing emergencies (recognition of asthma and anaphylaxis)
- 7.Mental health crisis

**Participants will leave the course with:**

- First Aid Basics Guide (print and/or electronic format)\*
- Red Cross First Aid App (downloadable)
- Optional participation certificate (available electronically upon completion)

**Time: 1:00pm - 2:30pm****Start Date: April 4      End Date: June 20****Canadian  
Red Cross****Training  
Partner**

## **Social Worker Services**

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

**[www.huttonhouse.com](http://www.huttonhouse.com) or send an email to:**

**Lisa Havens, MSW, RSW  
[socialworker@huttonhouse.com](mailto:socialworker@huttonhouse.com)**

**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: April 5      End Date: June 21**

**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!

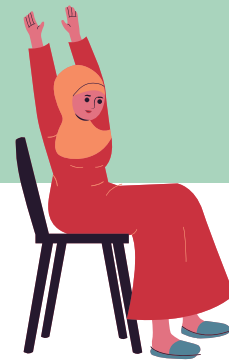
**Time: 9:30am - 10:30am**

**Start Date: April 5      End Date: June 21**



**FRIDAY MORNING****CHAIR YOGA**

A combination of dynamic stretching, gentle yoga postures and breath practices to increase mobility and bring peace and calm to the body and mind while seated and/or with the aid of a chair.

**Time: 11:00am - 12:00pm****Start Date: April 5      End Date: June 21****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 class will include Yoga, Tai Chi, Boxing, Circuit, Stretch and Relax, Bands and Stability, Cardio Drumming, and more. Don't miss out on the fun!

**Time: 1:00pm - 2:00pm****Start Date: April 5      End Date: June 21****DO YOU NEED 1:1 WORKOUTS?**

If you are interested in fitness but feel like you would be better suited to work 1:1 with a trainer, we'd like to hear from you. There are limited spots available each season. Once those spots are filled, your name will go on the waitlist for the next available spot.



Call (519) 472-6381 x1239 to speak with fitness

## 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](mailto:artworks@huttonhouse.com) for more information.

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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, May 20 due to Victoria Day

**Time: 1:00pm - 2:00pm**

**Start Date: April 8      End Date: June 17**

**CIRCUIT TRAINING/STRETCH AND RELAX COMBO**

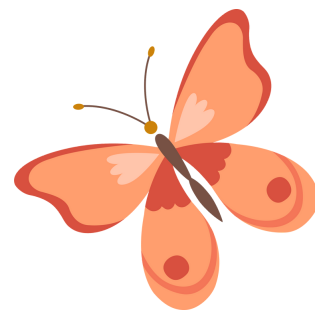
Enjoy a full body workout using bands and other equipment you may have in your home, followed by a relaxing stretch routine. The goal is to improve strength and flexibility, while offering cardiovascular exercise.

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

\*No class Monday, May 20 due to Victoria Day

**Time: 3:00pm - 3:45pm**

**Start Date: April 8      End Date: June 17**



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

Calling all foodies! In this class, we will focus on cooking foods that we enjoy preparing and eating in our homes. In this class, you will learn about cooking basics, including measurement conversions and reading recipes.

Learn how to substitute ingredients to accommodate common allergies like dairy and gluten. Access to a stove and microwave are necessary for this class.

**Time: 3:00pm - 4:00pm****Start Date: April 2      End Date: June 18****THURSDAY AFTERNOON****STRETCH AND RELAX**

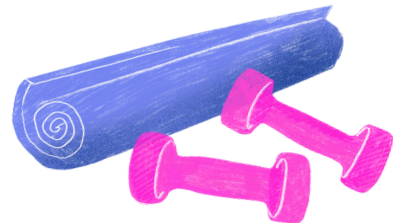
We can't think of any better way to spend a morning than to have a stretch and relax class. Join us for some stretching, relaxation, breathing and meditation exercises. You'll leave this class feeling a little more relaxed and grounded.

**Time: 2:30pm - 3:15pm****Start Date: April 4****End Date: June 20**

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



## In Person Classes at a Glance



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Strong Body</b> 9:30-10:30	<b>Adaptive Wellness @ DW</b> 9:30-10:30	<b>Body Blast</b> 9:30-10:30	<b>Power Hour Circuit</b> 10:00-11:00	<b>Adaptive Wellness @ DW</b> 9:30-10:30
			<b>Stretch and Release</b> 11:00-12:00	<b>Dance-Fit</b> 9:30-10:30
				<b>Chair Yoga</b> 11:00-12:00



Look at lunch info on page 4

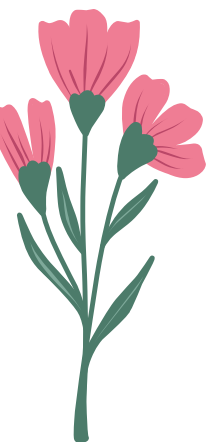


<b>Monday Madness</b> 1:00-2:00	<b>Let's Lunch</b> 1:00-3:00	<b>Tai Chi and Stretch</b> 1:00-2:00	<b>First Aid Basics</b> 1:00-2:30	<b>Friday Fitness Fun and Friends</b> 1:00-2:00
<b>Yoga</b> 2:00-3:00	<b>Move to the Music</b> 1:00-2:00			

## Online Classes at a Glance



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dance-Fit 1:00-2:00</b>	<b>Virtual Chef's Cooking Club 3:00-4:00</b>		<b>Stretch and Relax 2:30-3:15</b>	
<b>Circuit Training/ Stretch and Relax combo 3:00-3:45</b>				



Interested in our  
Community Pottery  
Classes?

Join the email list:



Community  
Pottery Classes