WOMEN'S ONLY GYM TIME REPORT

BUILDING AN INCLUSIVE ATHLETICS COMMUNITY
SUMMARY OF RECOMMENDATIONS

1. Develop a women’s-only gym time program that is consistent, year-round, and takes place during diverse times throughout the week.

2. Ensure that a women’s-only gym time program is substantial, diverse, and meets the needs of women-identified students, staff, or faculty on campus.

3. Ensure that a women’s-only gym time program is well communicated to students, staff, and faculty.

4. Develop a policy which illustrates the necessity of offering a women-only gym time program on campus, and outlines Ryerson Athletics commitment to providing women’s-only gym time programming.

5. Hire women-identified people to operate, and supervise athletics facilities during women’s only gym hours.

6. Ensure that the facilities where the program takes place are private, and not visible to the public.
All students at Ryerson pay a mandatory fee of $96.86 per year that goes towards supporting the athletics facilities on campus: the Recreation and Athletics Centre and the Mattamy Athletic Centre. Following many complaints from students who have found these facilities inaccessible, including women-identified students, the Ryerson Students’ Union, the Centre for Women and Trans People, and the Muslim Students’ Association formed a coalition to introduce a women’s-only gym time program at Ryerson. The coalition developed a survey as part of a campaign to demonstrate a need for women’s-only gym time in athletics facilities at Ryerson University. The coalition also supports five Equity Service Centres: the Centre for Women & Trans People, the Community Food Room, RyeACCESS, RyePRIDE, and the Racialised Students’ Collective. Each Centre works to provide student-led, community driven advocacy, resources, and support for students from various marginalised communities.

This campaign is part of a broader goal of the students’ union to improve services provided by the university, which promote diversity and inclusivity.

Over the course of the year we surveyed and collected declarations from approximately 2,000 male and female-identified students, to garner feedback for the introduction of a women’s-only gym time program, and gather information about access to athletics on campus.

WHO ARE WE

The Ryerson Students’ Union represents more than 30,000 full-time undergraduate students and all full and part-time graduate students at Ryerson University. The students’ union serves its members through the provision of cost-saving services, accessible programming, and individual and collective advocacy.

The Ryerson Students’ Union also supports five Equity Service Centres: the Centre for Women & Trans People, the Community Food Room, RyeACCESS, RyePRIDE, and the Racialised Students’ Collective. Each Centre works to provide student-led, community driven advocacy, resources, and support for students from various marginalised communities.

"Having access to women's-only gym time is important for raising awareness for physical fitness while retaining one's comfort."
- STUDENT, ARTS AND CONTEMPORARY STUDIES

"I absolutely love this idea! I hope this is implemented very soon because I normally work out in a corner to avoid wandering eyes and will never use the treadmill for that reason."
- STUDENT

"Because I have to pay extra for group classes and don’t feel comfortable using the weights and equipment around men"
- STUDENT

"I don’t use the facilities, though I would love to, because there are no women's only hours. I would love to go there, especially since the fees are a part of our tuition and the only reason I can’t attend is not because of lack of dedication but because of lack of accommodation."
- STUDENT
WHY WOMEN’S-ONLY?

ACCESS TO ATHLETICS FACILITIES:

All students at Ryerson University pay a mandatory fee of $96.86 per year that goes towards supporting athletics facilities on campus. However, many students who wish to lead an active lifestyle find these facilities inaccessible. Approximately, 50% of women-identified students who responded to the survey reported not accessing any athletics facilities on campus. Many of which attributed not accessing these spaces due to a history of gender-based violence, feeling uncomfortable in male dominated spaces, and the lack of accommodation for cultural and religious practices.

Ryerson Athletics has a mandate to promote healthy living on campus which includes creating equal access to its facilities. Women’s only hours is a targeted program that strives to promote equitable participation and access to physical activity for self-identified women. Under the current structure, several students indicate using external gym facilities that do offer women’s-only gym times, or are forced to not use the gym at all.

Other students have indicated accessing less equipment and services because of the co-ed facilities. Several students also go on to suggest that some equipment is altogether unavailable because of a heavily male-dominate culture around strength and conditioning weight equipment.

Each member of the Ryerson student community contributes financially to the athletics facilities on campus. While every member has equal access to equipment, a large number of students have indicated a culture that makes access to healthy living on campus difficult. By implementing women’s-only gym hours we are creating spaces to counter cultures that marginalise women-identified students from accessing university resources.

BODY POSITIVITY

Many women-identified students felt encouraged by the notion of women’s-only gym hours because it gave them a sense that they could be more comfortable with their bodies, with the equipment they used, and with asking questions.

For many students, a co-ed gym is simply a deal breaker. A large number of students who filled out the survey indicated a fear of misogynist culture, intimidation and self-consciousness. Several students boycott the gym altogether, while others will access limited equipment that is less male-dominated. Several students also suggest that there is an additional effort that goes into exercising at a co-ed gym because they feel there is an expectation of beautified exercising.

While body positivity is an issue for all genders, it is important that the university take steps to implement programs that are working towards creating safer spaces for students.

“Scared of going by myself and being judged for not knowing what to do etc. Some of my guy friends won’t let me go with them either. But they’d probably be too intense for me anyway.”
- STUDENT

“I don’t know how to use some of the machines and I would rather not want to embarrass myself in front of all the guys who go there regularly.”
- STUDENT

“When looking for some info about the facilities online, I found quite a few comments from students discussing how the gym was excessively used as a pick up joint. I never went to see if that was true or not, the idea was just so unappealing I never bothered. I just want to exercise.”
- STUDENT

“I just don’t feel comfortable working out in co-ed gyms. I feel like I’m automatically concerned with how I look rather than focusing on my workout. That is why I prefer to workout at home. I’d really make use of the women only time if introduced!”
- STUDENT
WHY WOMEN’S-ONLY?

Women’s-only gym hours build accommodations that counter real or perceived gym culture, and build for a better opportunity for service provisions.

GENDER BASED VIOLENCE

Four out of five (80%) women-identified undergraduate students reported in a national survey that they have experienced some form of gender-based violence. Gender-based violence on our campus, and throughout campuses in the country, continues to be a barrier to women-identified students interested in engaging in campus life.

In the case of athletics, gender-based violence takes a number of forms. It is both covert and overt and ranges from the fact that there are far fewer women employed in athletics facilities to the dehumanising remarks women-identified students hear on a daily basis in the gym. Many students indicated hearing sexist and demeaning comments at the gym, facing ridicule or unwelcomed attention, and facing difficulty in accessing equipment that is predominately used by men-identified gym users.

RELIGIOUS ACCOMMODATION

While a large portion of the survey indicated concerns listed above, there were also a number of students that indicated a religious concern in using co-ed facilities. The lack of access to athletics facilities for Muslim women was raised as an issue through the Task Force on the Needs of Muslim Student in 2007. Muslim women who wear a hijab are forbidden to display their bodies to men who are not related to them.

Despite the requirement to pay fees to use athletics facilities, these women are unable to access these spaces due to the nature of coed facilities. Most interestingly, a near majority of women-identified Muslim students who completed the survey indicated that they would use the facilities if women’s-only gym time were implemented (see Appendix B: xii and B: xiii).

“I don’t like working out in front of people -- especially men. It makes me feel uncomfortable. I feel like they will judge me for how attractive or unfit I am.”
-Student

“I am in recovery from an eating disorder and depression. As a result I’m very self-conscious about my body. Part of my goal for recovery is to exercise in a healthy manner but my fear of judgment from others holds me back. I have also been sexually assaulted and uncomfortable around men. I would like to use the gym if there was a time allocated just for women.”
-Student

“I do not feel comfortable working out with guys and because I wear a hijab it is hard for me exercise in fully covered clothing.”
-Student

“Because I wear a hijab and do not feel comfortable wearing certain type of clothes in presence of males.”
-Student

“Because I wear a hijab and do not feel comfortable wearing certain type of clothes in presence of males.”
-Student
Through studying the survey results, it is apparent that there is a desire for women’s-only gym time. Furthermore, through studying the implementation of women’s-only gym time at other campuses there are a lot of ways that programmes may be implemented.

Here, we recommend a number of categories and themes to be considered in the implementation of women’s-only gym hours.

**HOURS OF AVAILABILITY**

One of the most important aspects of implementing women’s-only gym time is ensuring that women-identified students are able to attend program hours.

From the surveys, students preferred women’s-only gym times to be offered three to four times per week (see Appendix B: VIII) at two to three hours per day (see Appendix B: IX). While there was no clear preference for hours that women’s-only gym time should be offered, the survey suggests that Early Morning (8am-10am), Morning (10am-12pm) and Afternoon (2pm-4pm) are preferences in first and second options (see Appendix B: X).

Hours offered at other campuses suggest that the norm would be early morning hours for roughly an hour and a half. However, several campus do offer fluctuating hours in morning, evening and weekend timeslots, perhaps to accommodate larger commuter campuses (see Appendix C).

It is recommended that regular hours be implemented that are consistent and well-advertised within the time periods that women-identified Ryerson students have indicated in the survey results.

**PROMOTION**

Through studying other campuses, there is a clear indication that facilities that better advertise their women’s-only gym programming have a greater usage. For instance, the University of Toronto Mississauga and Scarborough campuses, as well as Queen’s University, centralise women’s-only gym facilities in an easy to find webpage and schedule, that include instructional classes, swim hours, and strength and conditioning facilities. On the other hand, campuses such as Carleton University and Ryerson University make hours difficult to find even with the most common online search applications.

In the survey, more than half of the women-identified students that did not use the women’s-only gym facilities cite that they were unaware that the program was offered (see Appendix B: VII).

It is recommended that a central webpage and adequate resources are allocated to promote women’s-only gym time, swim time, and instructional classes.
DIVERSITY OF PROGRAMS

It is important that a diversity of women’s-only gym facilities are offered when implementing new programs. For instance, a majority of students indicated an interest in participating in instructional classes (64%) with another large population showing some interest (15%) (see Appendix B: VI).

Many students specifically indicate a necessity for full-access to women’s-only strength and conditioning facilities, rather than just treadmills and ellipticals. Women-identified students have also indicated an interest in access to strength and conditioning training staff, such as the program implemented at York University.

It is recommended that a variety of women’s-only programs are implemented including fully-equipped strength and conditioning facilities.

TRANS INCLUSIVITY

The survey showed a lot of students that chose to identify as gender non-conforming, trans, spectrum-identified or chose not to identify at all. With women’s-only gym time, it will be necessary to create a clear policy that recognises the problematic nature of a gender binary, while respecting that gender-based violence does exist.

Only George Brown College indicated women and trans-only gym hours, but failed to make any public policy on the facilitation of trans inclusivity. The University of Toronto was the only university which had an easily accessible equity and inclusivity statement, but failed in being specific about gender-based violence and trans inclusivity within athletics facilities.

More research and community consultation must be done to provide us with a full picture of how to fulfil a long term goal of trans inclusive athletics facilities.

It is recommended that a policy be written that indicates Ryerson’s commitment to women’s-only gym time, and equity, inclusivity and trans-inclusiveness within Ryerson’s athletics facilities.

A COMMITMENT TO THE PROGRAM

Ryerson’s athletics facilities are currently understaffed in terms of women-identified employees. This creates a barrier for women-identified students to ask for equipment or training assistance, and for safe staff oversight on women’s-only gym times. For programming to be implemented, it will be essential that women-identified staff are hired and trained to ensure safer spaces can be created.

It is recommended that additional women-identified staff are hired and trained to facilitate women’s-only gym time.
In addition, to ensure consistency in programming, it is important that a commitment to women’s-only gym time is entrenched within athletics policy. It is recommended that Ryerson Athletics develop a policy which illustrates the necessity of offering a women-only gym time program on campus, and outlines their commitment to providing women’s-only gym time programming.

**Making It Work**

“I hope there is a women’s gym time that teaches a variety if things such as cardio machines and the weight machines”

~STUDENT

I don’t feel comfortable using it as coed. I use gym at my work alone but I really wish to use gym at ryerson because I’m mostly at campus and want to spend time with friends at gym.

~STUDENT

“Other locations are not as convenient as the RAC.”

~STUDENT

“Because there is no female only gym time, and I have to resort to paying monthly for a female-only goodlife. I dont feel comfortable using the facilities with males there.”

~STUDENT

“I want to have a space that is specifically for women. I used to play sports in high school which kept me active but now I don’t have much of a women’s only space to workout.”

~STUDENT

“It’s not advertised enough as to where it is. I also don’t like the idea of having to work out around super buff people. I’m also not sure how safe the gym is.”

~STUDENT

Finally, it is important that appropriate facilities are chosen to host women’s-only gym hours. In the survey, students indicate a strong preference in the Recreation and Athletic Centre for both their first and second options, with the Mattamy Athletic Centre as a less popular first and second choice (see Appendix B: XI). It is likely that Studios I/II/III/X is less popular options due to less equipment available. Further, the RAC is a great space to introduce new hours due to its centrality to campus. This allows for a safer more familiar sense of space rather than the MAC at Carleton and Church.

It is necessary that the spaces that are allocated are also private and safe from public viewing. This has been done at other institutions through the installation of curtains over any windows, setting up makeshift walls for open spaces, and other tactics that allow for smooth transitions into women’s-only spaces. Queen’s University has implemented an even better strategy by introducing a women’s-only facility that is dedicated to women’s programming during regular hours, and rented externally during less busy hours.

It is also important to recognise that there are two main athletics facilities on campus. By offering women’s-only gym time in one space there will still be spaces for men-identified students to exercise in the alternative space.

It is recommended that women’s-only gym time is implemented at the Recreation and Athletic Centre.
CONCLUSION

Many campuses across Ontario have begun implementing women’s-only gym time in the recognition of a number of ongoing accessibility and equity issues. This report has solicited and presented a number of reasons why women’s-only gym time makes sense for the Ryerson University community.

The call for women’s-only gym time is about providing students on campus with a choice. Essentially, it is important that women-identified students are able to access the programs and services that the university offers, including athletics facilities.

While there are a number of students that are comfortable with co-ed facilities, there is a large population of students that are paying for external facilities or not accessing athletic facilities at all. There are a large number of students that feel unsafe and on-guard when accessing university facilities, despite being fee-paying members to those facilities.

This proposal calls on a number of actions that are easy to implement, while others require consultation and careful thought in implementation. The Ryerson Students’ Union, the Centre for Women & Trans People, and the Ryerson Muslim Students’ Association are calling on the university to build a campus environment that we can all be proud of. We are committed to helping in the development of new programs, hours and promotion strategies so that we can see a stronger culture of inclusion and accessibility for women-identified students on campus.

FOR MORE INFORMATION:
Vice-President Equity, Ryerson Students’ Union
Local 24 Canadian Federation of Students
vp.equity@rsuonline.ca • 416-979-5255 ext. 2348
METHODOLOGY

The Ryerson Students’ Union produced an online and paper copy survey for members to provide feedback and information on women’s-only gym and swim time facilities at Ryerson University. The paper survey’s were made available in public spaces around campus and collected by teams of volunteers and coordinators at the Ryerson Students’ Union Equity Service Centres, whereas the online survey was made available through RSU social media outlets and the university’s general listserv of RSU members. Ultimately, all paper surveys were inputted into the online directory.

A total of 1356 people participated in the survey. Of the total participation, 96% identified as Full-time Students, 1.5% identified as Part-time and Continuing Education Students, and 2.5% identified as Other (alumni, faculty, etc).

The survey was primarily used to collect information from female-identified students, as well as gauge the population of students who may identify as trans, gender non-conforming and gender spectrum. For this reason, as well as others, participants were able to complete demographic aspects of the survey at their own discretion and with their own terminology. Similarly, for several aspects of the survey, participants were able to provide responses that were quantitative and qualitative.

APPENDIX A

TERMINOLOGY

‘Women-identified’ represents individuals who identified as: female, woman, womyn, girl, cis-female, cis-woman, self-identified womyn, trans woman, transgender female, two-spirited, and other variants including these key terms. ‘Men-identified’ represents individuals who identified as: male, man, boy, cis-male, self-identified man, trans man, transgender male, two-spirited, and other variants including these key terms. ‘Did not disclose’ represents individuals who did not clearly fall within this binary or did not indicate a gender identity. Careful attention was given to ensure that those who fell into this category were recognised in the qualitative analysis of this survey. We recognise the problematic nature of these categories and have taken steps to ensure that trans, gender non-conforming and spectrum-identified students are represented within the recommendations and justifications of women’s-only gym time.

Ultimately, the majority of survey information provided here is not meant to be scientific or within a margin of error, but rather to scope out the desire and possibility for women’s-only gym and swim time. For this reason, a majority of quantitative survey information presented will be solely taken for participants who identified as woman-identified, whereas trans, gender non-conforming and gender-spectrum students have largely been accounted for in qualitative data elements of the survey.
**APPENDIX B - SURVEY RESULTS**

### i) Gender Breakdown*

- **Women-Identified:** 793**
- **Men-Identified:** 332
- **Did Not Disclose:** 231

*Total participants: 1356

**See Appendix A for descriptors.

### ii) Use of Athletics Facilities*

- **Total Women-Identified Students:** 793
- **Total Women-Identified Students Using Athletics:** 391
- **Total Men-Identified Students:** 332
- **Total Men-Identified Students Using Athletics:** 254

* Total participants: 1125

### iii) How often do you currently use athletics facilities on campus?*

- **1-3 Times Per Week:** 285
- **4-6 Times Per Week:** 92
- **More Than 6 Times Per Week:** 22

* Women-Identified population only.

Total participants: 399

### iv) Women who currently use facilities*

- **MAC:** 108
- **RAC:** 201
- **Both:** 151

* Women-Identified population only.

Total participants: 460

### v) If either the Recreation and Athletics Centre (RAC), or the Mattamy Athletic Centre (MAC) offered women's only gym time, would you use it?*

- **No:** 127
- **Yes:** 517
- **Undisclosed:** 149

* Women-Identified population only.

Total participants: 793

### vi) Would you be interested in women's only instructional classes if they were offered at the RAC/MAC?*

- **Yes:** 436
- **No:** 107
- **Maybe:** 99
- **Undisclosed:** 39

* Women-Identified population only.

Total participants: 681

### vii) Which of the following issues limit your use of women's only swim time at the RAC?*

- **Limited Hours:** 144
- **Didn’t know hours existed:** 352
- **Other**: 146

* Women-Identified population only.

Check all that apply.

Total participants: 442

** Other largely consisted of a disinterest for swimming and lacking time to swim
APPENDIX B - SURVEY RESULTS

viii) How often would you like Women's-Only Gym Time to be Offered?*

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 times per week</td>
<td>146</td>
</tr>
<tr>
<td>3-4 times per week</td>
<td>235</td>
</tr>
<tr>
<td>4-5 times per week</td>
<td>100</td>
</tr>
<tr>
<td>5-7 times per week</td>
<td>89</td>
</tr>
</tbody>
</table>

* Women-Identified population only. Total participants: 570

ix) If women's only gym time was offered at either the RAC or the MAC how long do you feel the sessions should last each day?*

<table>
<thead>
<tr>
<th>Duration</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 hours per day</td>
<td>151</td>
</tr>
<tr>
<td>2-3 hours per day</td>
<td>282</td>
</tr>
<tr>
<td>3-4 hours per day</td>
<td>136</td>
</tr>
</tbody>
</table>

* Women-Identified population only. Total participants: 569

x) If women’s only gym time was offered at either the RAC or MAC, at what times of day do you think it should be offered?*

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>110</td>
</tr>
<tr>
<td>Noon</td>
<td>122</td>
</tr>
<tr>
<td>Afternoon</td>
<td>109</td>
</tr>
<tr>
<td>Late Afternoon</td>
<td>114</td>
</tr>
<tr>
<td>Evening</td>
<td>120</td>
</tr>
</tbody>
</table>

* Women-Identified population only. Ranked question in order of most preferred. Total participants: 565

xi) If women’s only gym time were offered, where would you prefer it to be held?*

<table>
<thead>
<tr>
<th>Location</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studio II/III</td>
<td>210</td>
</tr>
<tr>
<td>RAC</td>
<td>250</td>
</tr>
<tr>
<td>MAC</td>
<td>110</td>
</tr>
<tr>
<td>Studio X</td>
<td>220</td>
</tr>
</tbody>
</table>

* Women-Identified population only. Ranked question in order of most preferred. Total participants: 547

xii) Women-Identified Muslim Students Use of Athletics

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently</td>
<td>80</td>
</tr>
<tr>
<td>Not Using</td>
<td>99</td>
</tr>
<tr>
<td>Undisclosed</td>
<td>7</td>
</tr>
</tbody>
</table>

* Women-Identified population only. Total participants: 186

xiii) Percentage of women-identified Muslim students that would use gym if space introduced

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>85</td>
</tr>
<tr>
<td>Undisclosed</td>
<td>13</td>
</tr>
<tr>
<td>No</td>
<td>1</td>
</tr>
</tbody>
</table>

* Women-Identified Muslim population not using facilities. Total participants: 99
The Ryerson Students’ Union has also taken the opportunity to review and look at practices at other Universities and Colleges in Toronto and throughout Ontario. By reviewing peer-institutions, Ryerson has the opportunity to take what has worked effectively while also taking steps to innovate and lead Ontario institutions in inclusive policy and facility management.

There appears to be a general mix of offerings at each institution. Many institutions are not clear in the presentation of their women’s-only programming. For instance, institutions such as the University of Windsor are not clear in the facilities and equipment available during their women’s-only hours. Several other institutions, such as York University, indicated the facilities and procedures that are made available during women’s-only hours. Furthermore, York University also indicated that only female-identified staff would be present.

Queen’s University has dedicated a full space for women’s-only gym space. During the periods where it is not staffed, the facility is available for rental.

The University of Toronto St. George campus was one of the few facilities which had an accessible athletics equity and inclusivity mandate. Additionally, the features and procedures maintaining the women’s-only swim time were easily available on their website. This campus has a number of facilities with the main ones being the Athletic Centre, Varsity Arena and Hart House. The Hart House facilities do not offer women’s-only gym time due to offerings at the main Athletic Centre, whereas the Varsity Arena only offers some women’s-only pick up sports.

Similarly, only one of the facilities at the University of Ottawa offer women’s-only gym facilities.

Both the University of Toronto Scarborough and the University of Toronto Mississauga campuses indicated hours for all women’s-only facilities and programmes on the same webpage. Generally, most facilities and programmes were difficult to find and navigate without a centralised webpage.

Only one institution indicated trans-inclusivity specifically related to athletics facilities. No subsequent policy or facilitation procedure has been found.

### UNIVERSITY OF WINDSOR

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>9:30AM -</td>
<td>N/A</td>
<td>9:30AM -</td>
<td>N/A</td>
<td>9:30AM -</td>
<td>12:00PM</td>
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<tr>
<td>11:00AM (GYM)</td>
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<td>11:00AM (GYM)</td>
<td></td>
<td>11:00AM (GYM)</td>
<td>1:00PM (POOL)</td>
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</table>

### UNIVERSITY OF TORONTO ST. GEORGE - ATHLETICS CENTRE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<tbody>
<tr>
<td>12:00PM-</td>
<td>5:00PM-6:00PM</td>
<td>12:00PM-6:00PM</td>
<td>5:00PM-6:00PM</td>
<td>1:00PM-2:00PM</td>
<td>9:00AM-10:00AM</td>
<td>12:00PM-1:00PM</td>
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<tr>
<td>1:00PM (GYM)</td>
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</tbody>
</table>

Note: Beginner, Basic, Intermediate, Stroke Mechanics Women’s Only Classes offered
Note: Pick up sports also offered, at least basketball
Note: 6-person Strength and Conditioning circuit orientation offered

### UNIVERSITY OF TORONTO ST. GEORGE - HART HOUSE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Not Offered</td>
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</tbody>
</table>
### APPENDIX C
### EXTERNAL CAMPUSES

#### UNIVERSITY OF TORONTO SCARBOROUGH

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>9:00PM-10:30PM (GYM)</td>
<td>2:00PM-3:30PM (GYM)</td>
<td>9:00AM-10:30AM (GYM)</td>
<td>2:00PM-3:30PM (GYM)</td>
<td>9:00AM-10:30AM (GYM)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:10PM (BALLET)</td>
<td>5:10PM (GROUP FITNESS)</td>
<td>2:10PM (CYCLEFIT)</td>
<td></td>
<td>3:10PM (BELLY DANCING)</td>
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<tr>
<td>11:10AM (BELLY DANCING)</td>
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</tbody>
</table>

Note: Women-identified staff available for personal training

#### UNIVERSITY OF TORONTO MISSISSAUGA

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<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>12:00PM-1:00PM (PERSONAL FITNESS)</td>
<td></td>
<td>11:00AM-12:00PM (POOL)</td>
<td>11:00AM-12:00PM (POOL)</td>
<td>9:00AM-10:00AM (FITNESS)</td>
<td></td>
<td>5:00PM-6:00PM (STRENGTH)</td>
</tr>
<tr>
<td>1:00PM-2:00PM (REC SPORTS)</td>
<td>1:00PM-2:00PM (CLASS FITNESS)</td>
<td>12:00PM-1:00PM (PERSONAL FITNESS)</td>
<td></td>
<td>11:00AM-12:00PM (POOL)</td>
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</tr>
<tr>
<td>7:10PM-9:00PM (POOL)</td>
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<td>1:00PM-2:00PM (POOL)</td>
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Note: Cancelled the Strength in Winter

#### QUEEN’S UNIVERSITY

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<th>Monday</th>
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<tbody>
<tr>
<td>4:00PM-5:15PM (BASKETBALL)</td>
<td></td>
<td>4:00PM-5:15PM (BASKETBALL)</td>
<td>4:00PM-5:15PM (BASKETBALL)</td>
<td>8:30AM-9:30PM (POOL)</td>
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<tr>
<td>7:00AM-9:00AM (GYM)</td>
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<td>7:00AM-9:00AM (GYM)</td>
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<tr>
<td>11:30AM-1:30PM (GYM)</td>
<td>11:30AM-1:30PM (GYM)</td>
<td>11:30AM-1:30PM (GYM)</td>
<td>11:30AM-1:30PM (GYM)</td>
<td>11:30AM-1:30PM (GYM)</td>
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</tr>
<tr>
<td>5:00PM-7:00PM (GYM)</td>
<td>5:00PM-7:00PM (GYM)</td>
<td>5:00PM-7:00PM (GYM)</td>
<td>5:00PM-7:00PM (GYM)</td>
<td>5:00PM-7:00PM (GYM)</td>
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Note: Basketball is on upper gym 2/3 days and Gym is a dedicated women’s-only/bookable area
## APPENDIX C
### EXTERNAL CAMPUSES

#### YORK UNIVERSITY

<table>
<thead>
<tr>
<th>Monday</th>
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</thead>
<tbody>
<tr>
<td>4:30PM-6:30PM (GYM - Studio 3)</td>
<td>4:30PM-6:30PM (GYM - Studio 3)</td>
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Comes with female fitness centre staff

#### GEORGE BROWN - ST. JAMES

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<tbody>
<tr>
<td>8:30AM-9:30AM (UNSPECIFIED)</td>
<td></td>
<td>8:30AM-9:30AM (UNSPECIFIED)</td>
<td>12:00PM-1:00PM (UNSPECIFIED)</td>
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#### GEORGE BROWN - CASA LOMA

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<tbody>
<tr>
<td>To be determined...</td>
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Note: George Brown has Women's & transgender times*

#### UNIVERSITY OF OTTAWA - MONTPETIT HALL

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<tbody>
<tr>
<td>7:30AM-8:30AM (FITNESS)</td>
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<td>7:30AM-8:30AM (FITNESS)</td>
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#### UNIVERSITY OF OTTAWA - SPORTS COMPLEX

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<tbody>
<tr>
<td>Not listed</td>
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#### CARLETON UNIVERSITY

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<tbody>
<tr>
<td>Unspecified: Class schedule available</td>
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