

North York District Spring and Summer 2012

Fitness



Becoming one with your Healthier Side

Parks, Forestry & Recreation strives to assist residents in their quest for health and wellness. We offer a wide selection of programs to accommodate all ages and levels. Appropriate workout-wear and proper footwear are recommended. All programs are co-ed unless otherwise indicated. Participants are advised to consult a doctor before enrolling in any fitness program.

For a complete listing of fitness programs offered in your community, refer to your local community recreation centre's programs listing in this guide.

Some fitness programs may have an additional fees for materials or supplies, contact the program location directly for specific details.

Programming Descriptions

Boot Camp

Build strength and muscular endurance through intense training.

Box Fit

High intensity class learning proper boxing techniques. Punching bags, boxing gloves and focus pads may be used. Participants should bring their own wraps.

Boxercise/Cardio Kickboxing

Build speed, control and power using punching and kicking techniques while getting a great cardio workout.

BOSU

Balance, core conditioning and/or cardio workout using BOSU.

BLT – Butt, Legs & Tummy

A muscle conditioning class that targets the lower body and abs.

Break Through Osteoporosis

Weight bearing exercise will build and maintain stronger bones while increasing muscle mass suitable for anyone with bone disease, joint problems or fibromyalgia. This class contains a lecture portion.

Cardio – Interval

Intense intervals of various cardio and conditioning exercises.

Cardio – High/Low

This high and/or low impact class provides an excellent workout with options for different levels of intensity.

Cardio – Low

This low impact class provides an excellent workout with options for different levels of intensity.

Core Conditioning

Develop muscular balance and strength through the core, targeting the abdominal and lower back muscles.

Gliding

Participants will be taken through a variety of exercises, with focus on the lower body using gliding discs.

Hip Hop Cardio

Specially designed hip hop dance combinations that are fun and easy to master.

Muscle Conditioning

Focus on muscle strength and endurance. A variety of equipment may be used in this class.

OsteoFit (formerly Healthy Bones)

Weight-bearing exercise will build and maintain stronger bones while increasing muscle mass suitable for anyone with bone disease, joint problems or fibromyalgia.

Pre/Post Natal Fitness

Fitness class designed for the specific needs during and/or after pregnancy.

Pre Natal Fitness

Fitness class designed for the specific needs during pregnancy.

Pilates (we recommend you bring your own mat)

Exercise system which promotes the building of long, lean muscles, particularly focusing on the core muscles and lower body.

Qigong (pronounced Chee Gung)

The practice of improving natural energy flow in the body; thereby, increasing health and fitness.

Spinning

Spinning is a form of high-intensity exercise that involves using stationary exercise bicycles in a classroom setting. Set your own pace.

Step

A cardio workout using the step with choreography and strength training for all levels.

T.I.M.E. - Together In Movement and Exercise (Adapted Gentle Fitness)

This program is designed for people living in the community with conditions such as stroke, acquired brain injury or multiple sclerosis.

Tai Chi

Stress release and concentrated relaxation through slow and controlled movements in a fixed sequence. May require own mat.

Yang Style – Uniformly slow during transitions.

Wu Style – Narrow stance and small deliberate movements.

Walk-fit

A low-impact full body workout incorporating walking with upper-body movements.

Yoga (we recommend you bring your own mat)

Gentle exercises promoting flexibility, proper breathing and relaxation, while strengthening and toning the muscles. May require own mat.

Ashtanga – Moving quickly through a series of postures to build strength, flexibility and stamina.

Flowyoga – Yoga that concentrates on flowing postures.

Family Yoga – Yoga for parents and children. Adults must accompany child and each family member must be registered.

Hatha – Gentle stretches designed to warm up the body through traditional standing and floor postures, while focusing on breathing.

Kundalini – Incorporates postures, dynamic breathing techniques, chanting mantras and meditating.

Power – Vigorous, fitness-based approach to traditional Yoga.

Yoga/Pilates Fusion

Pilates and yoga combined together to bring elements of both of these styles.

Zumba®

Latin inspired, dance fitness class that incorporates Latin music and dance movements to create a dynamic, exciting, aerobic workout.



Fitness Passes and Passports

Participation Options

Passports:

Offers you flexibility to drop-in to a program when you want, or attend a variety of classes at different facilities as many times as you want, within the defined time frame of the passport you have purchased. You may join scheduled classes, as space permits. Weight room not included.

Punch Cards:

Offers you flexibility of purchasing 10 classes at one time, for a discounted price from the Pay-As-You-Go option.

Pay-As-You-Go:

Great way to try out a new activity or add extra workouts to your routine. Pay at the door of designated locations, as space permits.

Check your local facilities to find out which centres offer these options. Weight Room not included.

Conditions of use for Passports, Punch Cards and Pay-As-You-Go Fees

- Space is not guaranteed as registered participants have priority access.
- **You will only be admitted to the class after registered participants have been accommodated.**
- Check with program staff to determine which locations offer these options.
- Programs at Health and Fitness Clubs are not included.
- Program schedule subject to change based on registration and attendance.
- Older Adult fees apply to participants 60 years and older.
- Cannot be used for Yoga, Tai Chi, Pilates and other specialty classes.
- Cards must be presented at each visit. I.D. required.
- Cards are non-refundable and non-transferable.
- \$10 replacement fee for lost or stolen passport or membership cards.

	Pay-As-You-Go	10 visit Punch	9 wks Passport	12 wks Passport	1 year Passport
Adult	\$7.50	\$70	\$117.50	\$156.50	\$433
Older Adult	\$3.75	\$35	\$58.75	\$78.25	\$216.50

Yoga, Pilates, Tai Chi and Qigong programs are not included with passports, punch cards and passes.

All Passports, Punch Cards, Fitness/Weight Room memberships are non-transferable and can only be used by the individual who purchased them and cannot be transferred to any other Parks, Forestry and Recreation program.

Fitness and Weight Room Memberships

Type A Fitness Centres

	1 yr	6 mth	3 mth	1 mth	1 day
Adult	\$561.50	\$299.50	\$164.50	\$98	\$12.50
Youth (16-18 yrs)	\$349	\$188.50	\$102	\$43.50	\$10.50
Older Adults (60 yrs+)	\$280.75	\$149.75	\$82.25	\$49	\$6.25
*Adult Non-Prime Time	\$349	\$188.50	\$102	\$43.50	\$10.50

Type A Fitness Membership, participants can access lane swims, fitness classes and weight rooms at all Type A, B and C Fitness Centres (excluding specialty classes eg., Tai Chi, Yoga, Pilates). "A" members can also visit and enjoy any City of Toronto weight room only location.

Access to all programs is on a first-come, first-served basis.

Type A Locations:

ETOBICOKE YORK DISTRICT		
Olympium Fitness Club	590 Rathburn Rd	416-394-8831
*Non-Prime Time Hours: M-F, 6am-5pm		
NORTH YORK DISTRICT		
Cummer Park Fitness Club	6000 Leslie St	416-395-7803
*Non-Prime Time Hours: M-F 10:30am-4:30pm, Sun 7am-8pm		

Type B Fitness Centres

	1 yr	6 mth	3 mth	1 mth	1 day
Adult	\$429.50	\$232	\$125.50	\$53	\$11.50
Youth (16-18 yrs)	\$297.50	\$158.50	\$85.50	\$35.50	\$8.50
Older Adults (60 yrs+)	\$214.75	\$116	\$62.75	\$26.50	\$5.75
*Adult Non-Prime Time	\$297.50	\$158.50	\$85.50	\$35.50	\$8.50

*Non-Prime Time Hours: Monday to Friday, opening to 5pm

Type B Fitness Membership, participants can access lane swims, fitness classes and weight rooms at all Type B and C Fitness Centres (excluding specialty classes eg., Tai Chi, Yoga, Pilates). "B" members can also visit and enjoy any City of Toronto weight room only location.

Access to all programs is on a first-come, first-served basis.

Type B Locations:

ETOBICOKE YORK DISTRICT		
Albion Health Club	1485 Albion Rd	416-394-8676
Gus Ryder Health Club	1 Faustina Dr	416-394-8726
Joseph J. Piccininni Health Club	1369 St. Clair Ave, W	416-392-6790
Memorial Health Club	44 Montgomery Rd	416-394-8731
SCARBOROUGH DISTRICT		
L'Amoreaux CRC (sauna only)	2000 McNicoll Ave	416-396-4512
Oakridge CRC	63 Pharmacy Ave	416-338-1967
Port Union CRC	5450 Lawrence Ave E	416-396-4033
TORONTO AND EAST YORK DISTRICT		
East York CC (no sauna or whirlpool)	1081½ Pape Ave	416-396-2880

Type C Fitness Centres

	1 yr	6 mth	3 mth	1 mth	1 day
Adult	\$212.50	\$113	\$63.50	\$37.50	\$10.50
Youth (16-18 yrs)	\$152	\$81	\$46	\$25.50	\$7.50
Older Adults (60 yrs+)	\$106.25	\$56.50	\$31.75	\$18.75	\$5.25
*Adult Non-Prime Time	\$152	\$81	\$46	\$25.50	\$7.50

*Non-Prime Time Hours: Monday to Friday, opening to 5pm

Type C Fitness Membership, participants can access lanes swims, fitness classes and weight rooms at all Type C Fitness Centres (excluding specialty classes eg., Tai Chi, Yoga, Pilates). "C" members can also visit and enjoy any City of Toronto weight room only location.

Access to all programs is on a first-come, first-served basis.

Type C Locations:

ETOBICOKE YORK DISTRICT		
Annette CRC	333 Annette St	416-392-0736
Swansea CRC	15 Waller Ave	416-392-6796
NORTH YORK DISTRICT		
North Toronto Memorial CC	200 Eglinton Ave, W	416-392-6591
SCARBOROUGH DISTRICT		
Ellesmere CRC	20 Canadian Rd	416-396-5536
TORONTO AND EAST YORK DISTRICT		
Beaches RC	6 Williamson Rd	416-392-0740
Brown CC	454 Avenue Rd	416-392-6826
Hillcrest CC	1339 Bathurst St	416-392-0746
Main Square CRC	245 Main St	416-392-1070
Mary McCormick RC	66 Sheridan Ave	416-392-0742
Matty Eckler CRC	953 Gerrard St, E	416-392-0750
St. Lawrence CRC	230 The Esplanade	416-392-1347
Trinity CRC	155 Crawford St	416-392-0743
Wallace Emerson CC	1260 Dufferin St	416-392-0039

Weight Rooms

	1 yr	6 mth	3 mth	10 visits	1 day
Adult	\$130	\$70.50	\$38.50	\$59	\$5.90
Youth (16-18 yrs)	\$80	\$43.50	\$24.50	\$35	\$3.50
Older Adults (60 yrs+)	\$65	\$35.25	\$19.25	\$29.50	\$2.95

Participants who have a valid Weight Room Membership, can access any of the following locations:

ETOBICOKE YORK DISTRICT		
Carmine Stefano CC	3100 Weston Rd	416-395-6127
*Chalkfarm CC	180 Chalkfarm Dr	416-395-7802
*Falstaff CC	50 Falstaff Ave	416-395-7924
NORTH YORK DISTRICT		
Antibes CC	140 Antibes Dr	416-395-0475
Dennis R. Timbrell RC	29 St. Dennis Dr	416-395-7972
Edithvale CC	131 Finch Ave W	416-395-6164
Jenner Jean-Marie CRC	48 Thorncliffe Park Dr	416-396-2874
Mitchell Field CC	89 Church Ave	416-395-0262
Northwood CC	15 Clubhouse Crt	416-395-7876
O'Connor CC	1386 Victoria Park Ave	416-395-7957
Oriole CC	2975 Don Mills Rd	416-395-6005
SCARBOROUGH DISTRICT		
Centennial RC	1967 Ellesmere Rd	416-396-4057
Warden Hilltop CC	25 Mendelssohn St	416-392-7640
TORONTO AND EAST YORK DISTRICT		
*John Innes CRC	150 Sherbourne St	416-392-6779
*Masaryk Cowan CRC	220 Cowan Ave	416-392-6928
*Regent Park CC South	203 Sackville Green	416-392-5490
*Wellesley CC	495 Sherbourne St	416-392-0227
*Priority centre		

North York District

Type A Fitness Centre:

Cummer Park CC Fitness Club
6000 Leslie St, 416-395-7803

Monday to Thursday: 6:30AM-10:30PM

Friday: 6:30AM-9:30PM

Saturday & Sunday: 7AM-8PM

Club Features

- Unlimited fitness classes
- Unlimited lane/leisure swimming at scheduled times
- International squash courts
- Indoor track
- Sauna and whirlpool located in both locker rooms
- Personal fitness appraisals and programs free with one year membership
- Two weight rooms with both free weights and weight machines
- Two cardio rooms with lifecycles, treadmills, bicycles, rowing machines, stairmaster
- Day lockers available (provide your own lock)
- Personal training

Membership Fees

See "Type A" membership fee chart.

Type C Fitness Centre

North Toronto Memorial CC
200 Eglinton Ave, W, 416-392-6591

Mon/Wed/Fri: 7:30AM-12:30PM

Tue/Thu: 8:30AM-1PM, Mon-Fri: 5PM-9:30PM

Tue/Thu: 1:15PM-2:15PM (60 yrs+ only)

Sat: 9AM-11AM, 1PM-5PM, 11AM-12:30PM (women only)

Sun: 1PM-5PM

Indoor Track

Edithvale CC – 131 Finch Ave W, 416-395-6164

Monday-Sunday: 8AM-10PM

Call for information and hours.

Mitchell Field CC – 89 Church Ave, 416-395-0262

Monday-Sunday: 8AM-10PM (for members)

Call for more information and desk registration hours.

Weight Rooms

Antibes CC – 140 Antibes Dr, 416-395-0475

Mon-Fri: 8AM-1PM, 5PM-9PM, Sat: 9AM-5PM

Edithvale CC – 131 Finch Ave W, 416-395-6164

Mon/Wed/Fri: 7:30PM-2PM, Mon-Thu: 5PM-10PM,

Sat: 9AM-5PM, Sun: 12NOON-5PM

Tue: 10AM-2PM (female only)

Jenner Jean-Marie CRC – 48 Thorncliffe Park Dr,

416-396-2874

Mitchell Field CC – 89 Church Ave, 416-395-0265

Call for hours.

Northwood CC – 15 Clubhouse Crt, 416-395-6182

Tue/Thu: 5PM-9PM, Sat/Sun: 9AM-12NOON

O'Connor CC – 1386 Victoria Park Ave, 416-395-7957

Mon-Fri: 12:30PM-3PM, Mon/Wed/Fri: 6PM-9PM,

Tu/Th: 6PM-8:30PM (female only)

Cost: Free

Oriole CC

2975 Don Mills Rd, W, 416-395-7968

Mon/Tue/Thu: 5PM-9PM, Tue/Thu: 11AM-2PM

Sat: 10AM-2PM, Sun: 5PM-9PM

Wed: 5PM-9PM (women only)



TORONTO TRACK & FIELD CENTRE

4700 Keele Street
York University Campus –
west of Keele, south side of Steeles

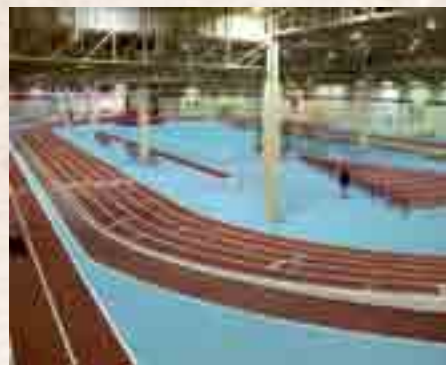
416-392-2519

Come experience the Toronto Track & Field Centre and train amongst world class athletes!

The nature and character of this Centre lends itself to both daily training and high calibre track and field competitions. In total, the combined indoor/outdoor facilities occupy approximately 14 acres of land (fronting on Steeles Avenue West) with ample parking on the York University campus.

Monthly, daily and seasonal passes available for purchase.

To learn track & field or join a track club visit the Athletics Ontario website at athleticsontario.ca or call 416-426-7215.



Indoor Fieldhouse

- Pin spikes only with 5mm maximum length
- Only during the High Jump Events held in the Indoor Track are the high jump athletes permitted to wear 9mm pin spikes
- 5 lane-200 metre banked oval track (made of synthetic rubberized material surface) with a separate sixth lane for joggers
- 8 lane-60 metre sprint and hurdle runway
- Warm-up area, 3-lane, 30 metre runway
- 30 foot vertical pole vault clearance
- 2 long/triple jump runways into a common sand pit

- 2 high jump areas
- Curtained practice area for discus and hammer throw
- Shot put throwing circle and cage
- 2 weight training rooms equipped with Olympic free weights and bars, plus additional workout areas within the fieldhouse including stationary bikes and weight lifting machines
- Photo / timer booth
- Meeting rooms available for rent
- Public observation gallery on 2nd floor.



Outdoor Track

- 8 lane-400 metre Olympic regulation track (synthetic rubberized material surface) with 2-125 metre sprint and hurdle runways
- Full complement of facilities for pole vault, high jump, triple and long jump, javelin, shot put, discus, hammer throw, weight throw, hurdles and steeple chase
- Pole Vault Events can be run in both directions
- Outdoor photo/timer/press booth and address system
- Open stands to seat spectators.