

# Scarborough District Spring and Summer 2012

# Fitness



## Becoming one with your Healthier Side

**P**arks, 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		

## Type B Fitness Centre:

### L'Amoreaux CC

200 McNicoll Ave, 416-396-4512  
Monday-Friday: 6:30AM-9:30PM  
Saturday & Sunday: 8AM-3:30PM

### Oakridge CRC

63 Pharmacy Ave, 416-338-1967  
Monday-Friday: 6:30AM-9:30PM  
Saturday & Sunday: 8AM-3:30PM

### Port Union CRC

5450 Lawrence Ave, E, 416-396-4033  
Monday-Friday: 6:30AM-9:30PM  
Saturday & Sunday: 8AM-3:30PM

## Type C Fitness Centre:

### Ellesmere CC

20 Canadian Rd, 416-396-5536  
Monday-Friday: 8:30AM-8:30PM  
Saturday & Sunday: 8:30AM-4PM

## Weight Rooms:

### Centennial RC

1967 Ellesmere Rd, 416-396-4057  
Monday-Friday: 10AM-2PM

### Warden Hilltop CC

25 Mendelssohn St  
416-392-7640  
Monday-Friday: 9AM-9PM  
Saturday & Sunday: 9AM-4PM



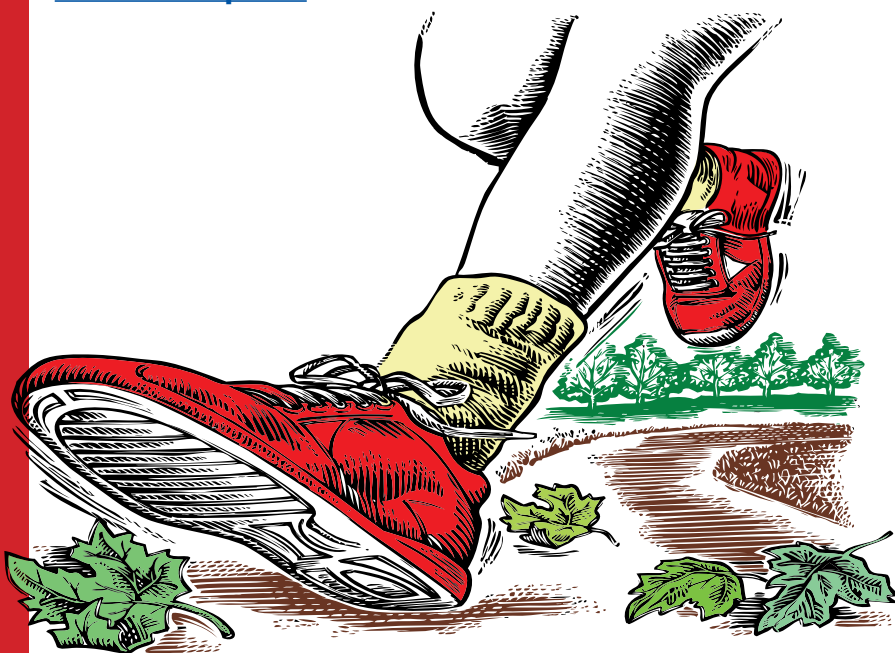
## Walking...taking the right step!

**GET READY...GET SET...AND WALK TOWARDS A NEW YOU.**

Toronto Parks, Forestry & Recreation invites you to participate in our walking programs.

Explore Toronto area parks and trails with your City of Toronto, "Exploring Toronto's Parks and Trails" map. These maps will help you navigate through the many parks and trails that make our city special. Available free of charge at civic centres or visit [toronto.ca/parks](http://toronto.ca/parks) to view a PDF copy.

Toronto Discovery Walks are a series of 12 self-guided tours of areas of interest throughout the city. Discovery Walk brochures are available at civic centres or can be downloaded at [toronto.ca/parks](http://toronto.ca/parks)



## Toronto Island Challenge Course

HIGH ROPES

Children

Youth

Adults

Day Camps

Corporate

Special Events

Birthday Parties

Outdoor & Adventure Programs

Team Building

Group Dynamics

Conflict Resolution

Leadership Development

Unique & Challenging Experiences

LOW ROPES

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