

North Toronto Memorial Community Centre

Summer 2018 Session

Telephone: 416-392-6591

All classes start the week of **July 3rd, 2018**

Membership/punch cards can be purchased anytime at North York Civic Centre during regular business hours.

Glen Long Community Centre

Address: 35 Glen Long Avenue, North York, ON M6B 2M1

Drop In Fitness & Sports Programs

Program	Day	Ages	Time
*Basketball	Wednesday	19 - 59 years	5:30pm - 7:15pm (New Time)
*Co-ed Volleyball	Wednesday	19 - 59 years	7:30pm - 9:45pm (New Time)
*Body Sculpt	Friday	19 years +	6:30pm - 7:30pm

*Punch cards/Memberships **only**

Armour Heights Community Centre

Address: 2140 Avenue Road, North York, ON M5M 4M7

Drop In Fitness & Older Adult Sports Programs

Program	Day	Ages	Time
Badminton	Monday	60 years +	1:30pm - 3:30pm
Badminton	Wednesday	60 years +	1:30pm - 3:30pm
Badminton	Friday	60 years +	1:30pm - 3:30pm

*Punch cards/Memberships **only**

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St. Leonard's Church – Gym

Address: 25 Wanless Ave, Toronto, ON M4N 1V5

Drop In Fitness & Older Adult Sports Programs

Program	Day	Ages	Time
*Body Sculpt	Monday	19 years +	6:00pm - 7:00pm
*Step Intermediate	Tuesday	19 years +	10:00am - 11:00am
*Cardio Low Impact	Tuesday	19 years +	6:30pm - 7:30pm
*Body Sculpt	Wednesday	19 years +	6:45pm - 7:45pm
*Cardio Hi/Lo	Thursday	19 years +	10:00am - 11:00am
*Cardio Low Impact	Thursday	19 years +	7:30pm - 8:30pm

*Punch cards/Memberships **only**

Eglinton St. George's United Church

Address: 35 Lytton Blvd, Toronto, ON M4R 1L2

Drop In Fitness & Older Adult Sports Programs

Program	Day	Ages	Time
Contact Bridge	Tuesday	60 years +	1:00pm - 4:00pm
*Cardio Low Impact	Tuesday	60 years +	1:30pm - 2:30pm
*Body Sculpt	Wednesday	19 years +	10:00am - 11:00am
*Cardio Low Impact	Thursday	60 years +	1:30pm - 2:30pm

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Fitness Membership and Punch Card Information

Membership Type	10 Visits Punch Card	9 Weeks	12 Weeks	1 year
Adult	\$87.00	\$146.50	\$195.50	\$541.50
Older Adult	\$43.50	\$73.25	\$97.75	\$270.75

Athletic Membership and Punch Card Information

Membership Type	10 Visits Punch Card	3 Months	6 Months	1 year
Adult	\$37.00	\$79.50	\$125.50	\$238.50
Older Adult	\$18.50	\$39.75	\$62.75	\$119.25