

North Toronto Memorial Community Centre

Fall 2018 Registered Fitness Programs

*All classes start the week of **Sunday September 30, 2018**

Viewmount Community Centre

Address: 169 Viewmount Ave, North Toronto, ON M6B 1T5

Telephone: 416-392-6591

Program	Age	Day	Time	Room	Barcode
Body Sculpt	18 years +	Monday	10:00 - 11:00 am	Multi-Purpose	3107918
Osteo Fit	18 years +	Monday	1:15 - 2:15 pm	Multi-Purpose	3107916
Pilates Beginner	13 years +	Monday	5:30 - 6:30 pm	Multi-Purpose	3107922
Pilates Intermediate	13 years +	Monday	6:45 - 7:45 pm	Multi-Purpose	3107924
Yoga	13 years +	Tuesday	6:00 - 7:30 pm	Multi-Purpose	3107925
Pilates	13 years +	Tuesday	7:45 - 8:45 pm	Multi-Purpose	3107920
Zumba	13 years +	Wednesday	8:00 - 9:00 pm	Multi-Purpose	3107917
Yoga	19 years +	Thursday	6:00 - 7:30 pm	Multi-Purpose	3107926
Yoga	13 years +	Thursday	7:45 - 9:15 pm	Multi-Purpose	3107927
Body Sculpt	18 years +	Friday	10:00 - 11:00 am	Multi-Purpose	3107919
Pilates Beg	13 years +	Friday	8:00 - 9:00 pm	Multi-Purpose	3107923
Yoga	13 years +	Saturday	8:30 - 10:00 am	Multi-Purpose	3107928
Pilates	13 years +	Saturday	10:15 - 11:15 am	Multi-Purpose	3107921
Yoga	13 years +	Saturday	11:30 - 12:30 pm	Multi-Purpose	3107930
Step - Int/Adv	13 years +	Sunday	10:00 - 11:00 am	Multi-Purpose	3107915
Yoga Pilates Fusion	13 years +	Sunday	11:15 - 12:15 pm	Multi-Purpose	3107929



toronto.ca/northtorontomemorialcc

Call **3-1-1**

Northern District Library

Address: 40 Orchard View Blvd, Toronto, ON M4R 1B9

Telephone: 416-395-6172

Program	Age	Day	Time	Room	Barcode
Yoga Older Adult	60 years +	Thursday	9:15 - 10:45 am	Room 224	3107901
Pilates	60 years +	Thursday	11:00 - 12:00 pm	Room 224	3107899

Groove Dance Studio

Address: 491 Eglinton Ave W, Toronto, ON M5N 1A8 **Telephone:** 416-395-6172

Program	Age	Day	Time	Room	Barcode
Yoga Older Adult	60 years +	Monday	9:30 - 11:00 am	Suite 400 - Studio A	3107902

Due to relocation, some programs times may have changed.

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