

North Toronto Memorial Community Centre

Winter 2019

Relocation Details: Viewmount Community Centre

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

Telephone: 416-392-6591

*All classes start the week of **Sunday January 6th 2019**

Registered Fitness

Program	Age	Day	Time	Room	Barcode
Body Sculpt	18 years +	Mon	10:00 - 11:00 am	Multi-Purpose	3113096
Osteo Fit	18 years +	Mon	1:15 - 2:15 pm	Multi-Purpose	3113094
Pilates Beginner	13 years +	Mon	5:30 - 6:30 pm	Multi-Purpose	3113100
Pilates Intermediate	13 years +	Mon	6:45 - 7:45 pm	Multi-Purpose	3113102
Yoga	13 years +	Tue	6:00 - 7:30 pm	Multi-Purpose	3113103
Pilates	13 years +	Tue	7:45 - 8:45 pm	Multi-Purpose	3113098
Zumba	13 years +	Wed	8:00 - 9:00 pm	Multi-Purpose	3113095
Yoga	19 years +	Thurs	6:00 - 7:30 pm	Multi-Purpose	3113104
Body Sculpt	18 years +	Fri	10:00 - 11:00 am	Multi-Purpose	3113097
Yoga	13 years +	Sat	8:30 - 10:00 am	Multi-Purpose	3113106
Pilates	13 years +	Sat	10:15 - 11:15 am	Multi-Purpose	3113099
Yoga – Older Adult	13 years +	Sat	11:30 - 12:30 pm	Multi-Purpose	3113108
Step - Int/Adv	13 years +	Sun	10:00 - 11:00 am	Multi-Purpose	3113093



toronto.ca/northtorontomemorialcc

Call **3-1-1**

Relocation Details: 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 +	Thurs	9:30-11:00 am	Room 224	3113048
Yoga - Older Adult	60 years +	Thurs	9:15 - 10:45 am	Room 224	3113045
Pilates	60 years +	Thurs	11:00 - 12:00 pm	Room 224	3113047

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