

# Free or Low Cost Physical Activity Programs for Adults in Toronto



UHN

## Information for patients and families

Read this guide to learn about places in:

- The City of Toronto Parks and Recreation Department
- Non- profit organizations
- Private organizations
- UHN Wellness and Exercise Programs for UHN patients

### **Note:**

Some fitness programs may charge more fees for materials or supplies.

Please contact the program directly for more details. Prices quoted may change.

University Health Network does not endorse any of the listed facilities.

Please visit the UHN Patient Education website for more health information: [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)  
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## City of Toronto Parks and Recreation Department

To view the Fun Guide, go to: [www.toronto.ca/parks/torontofun](http://www.toronto.ca/parks/torontofun)

### Adam Beck Community Centre

Place: 79 Lawlor Avenue (Victoria Park and Kingston Rd.)

Phone: 416-392-0741

#### Yoga

Age: 16 years and up

Cost: \$94 for 9 weeks

### Beaches Recreation Centre

Place: 6 Williamson Road (Queen St. E. and Lee Ave.)

Phone: 416-392-0740

#### Aquafit

Age: 17 years and up

Cost: \$12 a visit

#### Osteofit

Age: 60 years and up

Cost: \$37 for 9 weeks

#### Tai Chi Beginner

Age: 60 years and up

Cost: \$35 for 10 weeks

#### Badminton

Age: 60 years and up

Cost: Free for 9 weeks

#### Lane Swim

Cost: \$3.50 per visit

#### Tai Chi Advanced

Age: 60 years and up

Cost: \$35 for 10 weeks

#### Yoga

Age: 60 years and up

Cost: \$35 for 10 weeks

#### Leisure Swim

Cost: \$2.00 per visit

#### Volleyball

Age: 18 years and up

Cost: \$3.50 per visit

#### Yoga

Age: 16 years and up

Cost: \$96 for 9 weeks

#### Leisure Swim - Family

Cost: \$5.50 per visit

#### Yoga: Hatha

Age: 16 years and up

Cost: \$65 for 9 weeks

### **Bob Abate Community Recreation Centre**

Place: 485 Montrose Ave. (Christie and Bloor St. W.)

Phone: 416-392-0744

#### **Osteofit**

Age: 60 years and up

Cost: \$31 for

8 weeks

#### **Zumba**

Age: 16 years and up

Cost: \$57 for

8 weeks

#### **Boot Camp**

Age: 16 years and up

Cost: \$57 for

8 weeks

### **Brown Community Centre**

Place: 454 Avenue Rd. (corner of St. Clair and Avenue Rd.)

Phone: 416-392-6826

#### **Pilates**

Age: 16 years and up

Cost: \$62 for 6 weeks

#### **Lane Swim**

Cost: \$3.50 per visit

#### **Line Dance**

Age: 60 years  
and up

Cost: \$40 for  
9 weeks

#### **Yoga: Hatha**

Age: 16 years and up

Cost: \$73 for 7 weeks

#### **Leisure Swim**

Cost: \$2.00 per visit

### **Earl Beatty Community Centre**

Place: 455 Glebeholme Boulevard (Coxwell and Danforth)

Phone: 416-392-0752

#### **Aquafit Shallow**

Age: 17 years and up

Cost: \$133 for

12 weeks

#### **Pilates: Beginner**

Age: 16 years and up

Cost: \$88 for 9 weeks

#### **Yoga**

Age: 16 years and up

Cost: \$94 for

9 weeks

#### **Lane Swim**

Cost: \$3.50 per visit

#### **Pilates: Intermediate**

Age: 16 years and up

Cost: \$72 for 7 weeks

#### **Zumba**

Age: 16 years and up

Cost: \$64 for

9 weeks

#### **Leisure Swim**

Cost: \$2.00 per visit

### East York Community Centre

Place: 1081½ Pape Ave. (Pape Ave. and O'Connor)

Phone: 416-396-2880

#### Aquafit

Age: 19 years and up

Cost: \$12 per visit

#### Carpet Bowling

Age: 60 years and up

Cost: Free

#### Tai Chi

Age: 16 years and up

Cost: \$86 for 12 weeks

#### Lane Swim

Cost: \$3.50 per visit

#### Leisure Swim

Cost: \$2.00 per visit

#### Pilates

Age: 16 years and up

Cost: \$126 for

12 weeks

#### Yoga Hatha beginner

Age: 16 years and up

Cost: \$127 for

12 weeks

#### Cardio - Low

Age: 60 years and up

Cost: \$49 for 9 weeks

### Frankland Community Centre

Place: 816 Logan Ave. (Danforth Ave and Logan Ave)

Phone: 416-392-0749

#### Leisure Swim

Cost: \$2.00 per visit

#### Lane Swim

Cost: \$3.50 per  
visit

### Hillcrest Community Centre

Place: 1339 Bathurst St. (Bathurst St. and Davenport Rd.)

Phone: 416-392-0746

#### Aquafit

Age: 17 years and up

Cost: \$100 for 9 weeks

#### Lane Swim

Cost: \$3.50 per visit

#### Leisure Swim

Cost: \$2.00 per visit

### **John Innes Community Recreation Centre**

Place: 150 Sherbourne St. (Sherbourne and Queen St. E.)

Phone: 416-392-6779

#### **Cardio Low/High**

Age: 16 years and up

Cost: Free

#### **Yoga**

Age: 19 years and up

Cost: Free

#### **Zumba**

Age: 19 years and up

Cost: Free

#### **Lane Swim**

Cost: \$3.50 per visit

#### **Aquafit**

Age: 17 years and up

Cost: Free

#### **Weight Room for**

**Women** Age:

16 years and up

Cost: Free

#### **Weight Room**

Age: 16 years and up

Cost: Free

### **Main Square Community Recreation Centre**

Place: 245 Main St. (Main St. and Danforth Ave.)

Phone: 416-392-1070

#### **Aquafit**

Age: 17 years and up

Cost: \$78 for 7 weeks

#### **Lane Swim**

Cost: \$3.50 per visit

#### **Pilates**

Age: 16 years and up

Cost: \$68 for 7 weeks

#### **Tai Chi Advanced**

Age: 16 years and up

Cost: \$46 for 7 weeks

#### **Leisure Swim**

Cost: \$2.00 per visit

#### **Osteo Fit**

Age: 60 years and up

Cost: \$35 for 7 weeks

#### **Yoga**

Age: 16 years and up

Cost: \$63 for 9 weeks

#### **Weight Room**

Age: 16 years and up

Cost: Free

#### **Tai Chi Beginner**

Age: 16 years and up

Cost: \$46 for

7 weeks

## Mary McCormick Recreation Centre

Place: 66 Sheridan Ave. (Dufferin and Dundas)

Phone: 416-392-0742

### Aquafit

Age: 17 years and up

Cost: \$12 per visit

### Aquafit - Arthritis

Age: 17 years and up

Cost: Pass Option

### Pilates

Age: 16 years and up

Cost: \$126 for

12 weeks

### Lane Swim

Cost: \$3.50 per visit

### Leisure Swim

Cost: \$2.00 per visit

### Leisure Family

Cost: \$5.50 per visit

### Yoga

Age: 16 years and up

Cost: \$106 for

12 weeks

### Yoga - Hatha

Age: 16 years and up

Cost: \$86 for

12 weeks

## Masaryk -Cowan Community Recreation Centre

Place: 220 Cowan Ave. (Cowan and Queen St. W.)

Phone: 416-392-6928

### Cardio - High/Low

Age: 16 years and up

Cost: Free

### Weight Room

Age: 25 to 59 years old

Cost: Free

### Step

Age: 16 years and up

Cost: Free

### Weight Room - Women

Age: 16 years and up

Cost: Free

### Yoga - Hatha

Age: 16 years and up

Cost: Free

## **Matty Eckler Community Recreation Centre**

Place: 953 Gerrard St. E. (Pape Ave. and Gerrard St. E.)

Phone: 416-392-0750

### **Aquafit**

Age: 17 years and up  
Cost: \$102 for 9 weeks

### **Aquafit - Arthritis**

Age: 17 years and up  
Cost: \$102 for 9 weeks

### **Ball Hockey**

Age: 18 years and up  
Cost: Pass Option

### **Basketball**

Age: 18 years and up  
Cost: Pass Option

### **Cardio Conditioning**

Age: 16 years and up  
Cost: Pass Option

### **Cardio Kickboxing**

Age: 16 years and up  
Cost: Pass Option

### **Lane Swim**

Cost: \$3.50 per visit

### **Leisure Swim**

Cost: \$2.00 per visit

### **Pilates**

Age: 16 years and up  
Cost: \$95 for 9 weeks

### **Cardio Low**

Age: 60 years and up  
Cost: \$33 for 8 weeks

### **Soccer**

Age: 18 years and up  
Cost: \$3 per visit

### **Qigong**

Age: 16 years and up  
Cost: \$65 for 9 weeks

### **Tai Chi - Beginner**

Age: 16 years and up  
Cost: \$65 for 9 weeks

### **Tai Chi-Yang Style: Intermediate**

Age: 16 years and up  
Cost: \$65 for 9 weeks

### **Yoga - Hatha**

Age: 16 years and up  
Cost: \$96 for 9 weeks

### **Yoga Power**

Age: 16 years and up  
Cost: \$65 for 9 weeks

### **Stretch and Strength**

Age: 60 years and up  
Cost: \$37 for 9 weeks

## **Parkdale Community Recreation Centre**

Place: 75 Lansdowne Ave. (Queen St. W and Lansdowne)

Phone: 416-392-6696

### **Lane Swim**

Cost: \$3.50 per visit

### **Leisure Swim**

Cost: \$2.00 per visit

**S.H. Armstrong Community Recreation Centre.**

Place: 56 Woodfield Rd. (Queen St. E. and Woodfield)

Phone: 416-392-0734

**Aquafit**

Age: 17 years and up  
Cost: \$100 for 9 weeks

**Tai Chi**

Age: 16 years and up  
Cost: \$94 for 9 weeks

**Lane Swim**

Cost: \$3.50 per visit

**Yoga**

Age: 16 years and up  
Cost: \$94 for 9 weeks

**Leisure Swim**

Cost: \$2.00 per visit

**Scadding Court Community Centre**

Place: 707 Dundas St. W. (Dundas St. W. and Bathurst St.)

Phone: 416-392-0335

**Aquafit**

Age: 17 years and up  
Cost: Free

**Lane Swim**

Cost: \$3.50 per visit

**Leisure Swim-Family**

Cost: \$5.50 per visit

**Leisure Swim**

Cost: \$2.00 per visit



## Secord Community Centre

Place: 91 Barrington Ave. (Danforth Ave and Main St.)

Phone: 416-396-2857

### **Cardio-High/Low**

Age: 16 years and up

Cost: Free

### **Stretch and Strength**

Age: 16 years and up

Cost: Free

### **Yoga: Hatha Beginner**

Age: 16 years and up

Cost: Free

### **Pilates**

Age: 16 years and up

Cost: Free

### **Zumba**

Age: 16 years and up

Cost: Free

## St. Lawrence Community Recreation Centre

Place: 230 The Esplanade (Esplanade and Sherbourne St.)

Phone: 416-392-1347

### **Aquafit**

Age: 17 years and up

Cost: \$12 per visit

### **Tai Chi**

Age: 16 years and up

Cost: \$63 for 9 weeks

### **Stretch and Strength**

Age: 60 years and up

Cost: \$35 for 9 weeks

### **Yoga**

Age: 19 years and up

Cost: \$31.50 for 9 weeks

### **Lane Swim**

Cost: \$3.50 per visit

### **Weight Room**

Age: 16 to 59 years old

Cost: Free

### **Leisure Swim**

Cost: \$2.00 per visit

### **Stan Wadlow Clubhouse**

Place: 373 Cedarvale Ave. (corner of Woodbine and Cosbourne)

Phone: 416-396-2842

#### **Zumba**

Age: 19 years and up

Cost: \$84 for 9 weeks

#### **Yoga - Hatha**

Age: 16 years and up

Cost: \$125 for 12 weeks

#### **Yoga - Chair**

Age: 50 years and up

Cost: \$40 for 12 weeks

### **Trinity Community Recreation Centre**

Place: 155 Crawford St. (Gore Vale Ave. and Dundas St. W.)

Phone: 416-392-0743

#### **Badminton**

Age: 60 years and up

Cost: Free

#### **Pilates**

Age: 16 years and up

Cost: \$93 for

9 weeks

#### **Tai Chi**

Age: 16 years and up

Cost: \$94 for

9 weeks

#### **Basketball**

Age: 60 years and up Cost:

Free

#### **Weight Room**

Age: 19 years and up

Cost: Free

#### **Yoga**

Age: 19 years and up

Cost: \$94 for

9 weeks

#### **Walking and Running**

##### **Track**

Age: 19 years and up

Cost: Free

## Wallace Emerson Community Centre

Place: 1260 Dufferin St. (Dufferin and Dupont)

Phone: 416-392-0039

### **Aquafit Shallow/Deep**

Age: 17 years and up

Cost: \$12 per visit

### **Pilates**

Age: 16 years and up

Cost: \$124 for 12 weeks

### **Aquafit Arthritis**

Age: 17 years and up

Cost: \$12 per visit

### **Yoga - Power**

Age: 16 years and up

Cost: \$125 for 12 weeks

### **Lane Swim**

Cost: \$3.50 per visit

### **Yoga - Hatha**

Age: 16 years and up

Cost: \$84 for 12 weeks

### **Leisure Swim**

Cost: \$2.00 per visit

### **Leisure Swim Family**

Cost: \$5.50 per visit

## Wellesley Community Centre

Place: 495 Sherbourne St. (Sherbourne and Wellesley)

Phone: 416-392-0227

### **Cardio Low/High**

Age: 16 years and up

Cost: Free

### **Weight Room**

Age: 16 years and up

Cost: Free

### **Yoga - Power**

Age: 16 years

and up

Cost: Free

### **Pilates Beginner**

Age: 16 years and up

Cost: Free

### **Weight Room for**

**Women** Age:

16 years and up

Cost: Free

### **Yoga - Hatha**

Age: 16 years

and up

Cost: \$63 for

9 weeks

### **Withrow Park Clubhouse**

Place: 725 Logan Ave. (corner of Gerrard St. E and Logan Ave.)

Phone: 416-392-0227

#### **Tai Chi**

Age: 16 years and up  
Cost: \$84 for 12 weeks

#### **Yoga: Caregiver and Baby**

Age: 16 years and up  
Cost: \$84 for 12 weeks

#### **Yoga: Hatha**

Age: 16 years and up  
Cost: \$84 for 12 weeks

#### **Yoga: Hatha Intermediate**

Age: 16 years and up  
Cost: \$125 for 12 weeks

## **Non-profit Organizations**

### **Miles Nadal Jewish Community Center**

Place: 750 Spadina Ave. (Bloor St. W. and Spadina Ave)

Phone: 416-924-6211

Website: [www.mnjcc.org](http://www.mnjcc.org)

**Day pass:** Adults \$16 + HST

**Monthly membership:** \$69 + HST (ages 18 to 25 and seniors 65 and older), \$79 + HST (ages 25 to 64)

**Sign up fee:** \$59

### University Settlement Recreation Centre

Place: 23 Grange Rd. (corner of Dundas St. W. and McCaul St.)

Phone: 416-598-3444

Website: [www.universitysettlement.ca](http://www.universitysettlement.ca)

**Annual agency membership:**

\$10 for Adult

\$5 for youth and seniors

**Fitness Membership:**

Adults (26 years and up) \$29 per month

Youth (18 to 25years) \$19 per month

Seniors (60 years and up) \$19 per month

Fitness membership includes: swimming, yoga classes, treadmills, elliptical and circuit training, basketball, soccer and table tennis.

### West End YMCA

Place: 931 College St. (College St. and Dovercourt Rd.)

Phone: 416-536-9622

Website: [www.ymcatoronto.org](http://www.ymcatoronto.org)

Contact the centre to learn more about the fees. Fees may be adjusted based on income level. Please call to find out more.

Health, fitness and recreation:

- Dance
- Muscle works
- Family gym
- Martial arts
- Recreational sports
- Aquatics (recreational, lane, swimming lessons)
- Group fitness (yoga, pilates, step, cardio, etc)

## Private Organizations

### Fit4Less by GoodLife

- Locations:
1. North York Lawrence Square  
(Unit 237 – 700 Lawrence Ave. W., North York, M6V 3B4)  
Phone: 416-780-0729
  2. Scarborough Golden Mile  
(1880 Eglinton Ave. E., Scarborough, M1L 2L1)  
Phone: 416-750-3297
- Website: <https://fit4less.ca>
- Gym, fitness classes, personal training
- Sign up fee:** \$25
- Monthly fee:** \$10 (need to sign up for 1-year contract)

### Trainers Fitness Centre

Place: 754 Bathurst St. (Bathurst St. and Bloor St. W. )  
Phone: 416-536-7444  
Website: [www.trainersfitness.com](http://www.trainersfitness.com)

### UHN Wellness and Exercise Programs

#### Toronto General Hospital

Osteoporosis Clinic Phone: 416-340-4609

#### Toronto Western Hospital

Arthritis & Injury Clinics Phone: 416-603-5800 ext. 5144  
Movement Disorders Clinic Phone: 416-603-6422  
Pulmonary Rehabilitation Clinic Phone: 416-603-5890  
Cardiovascular Prevention & Rehabilitation Phone: 416-603-5200

### **Toronto Rehab Institute**

Brain & Spinal Cord Rehabilitation  
(Rumsey, University) Phone: 416-597-3422 ext. 3441

Outpatient Stroke Services (Rumsey,  
University) Phone: 416-597-3422 ext. 3618

Multiple Sclerosis Rehabilitation  
Outpatient Services (Lyndhurst,  
University) Phone: 416-603-5890

### **Rumsey Centre**

Diabetes, Exercise & Health Lifestyle  
Program Phone: 416-597-3422 ext. 5231

Cardiovascular Prevention &  
Rehabilitation Phone: 416-597-3422 ext. 5200

### **University Centre**

Geriatric Day Hospital Service Phone: 416-597-3422 ext. 3065

Falls Prevention Clinic Phone: 416-597-3422 ext. 4200

Musculoskeletal Outpatient Rehabilitation Service

-Therapy & Treatment Phone: 416-597-3422 ext. 4514

-Outpatient Clinics Phone: 416-597-3422 ext. 4200

### **TIME (Together in Movement and Exercise) Program**

(Toronto Rehab Institute and City of Toronto Parks, Forestry & Recreation)

- For people with mobility challenges because of conditions such as stroke, brain injury or MS
- Participants need to be able to walk 30 feet (9 metres), with or without a cane or walker

Duration: 12-weeks, 2 times per week

Cost: \$100 to \$136 for the series (depends on location)

**Locations:**

1. Harbourfront Community Centre  
627 Queen's Quay West (Bathurst St. and Queen's Quay) Phone: 416-392-1509 ext. 411
2. Wallace Emerson Community Centre  
1260 Dufferin St. (Dupont and Dufferin)  
Phone: 416-392-1963
3. North Toronto Memorial Community Centre  
200 Eglinton Ave West (Avenue Rd and Eglinton)  
Phone: 416-395-0267

**CNIB (Canadian National Institute for the Blind)**

Dotsa Bitove Wellness Academy Phone: 416-486-8731  
for patients with Dementia Place: 1929 Bayview Avenue

**Princess Margaret Cancer Centre**

The Prostate Centre at Princess Margaret Cancer Centre Phone: 416-946-2000  
ELLICSR: Health, Wellness & Cancer Survivorship Centre Phone: 416-581-8620

**Altum Health**

Outpatient Rehabilitation Phone: 416-603-5092

Some programs need a referral from your family doctor. Please call the program directly to ask for details and how the referral process works.