

Free and Low Cost Physical Activity Programs for Adults in Toronto

Read this guide to learn where to find physical activity programs near you including activities offered by:

The City of Toronto Parks, Forestry and Recreation..... page 2
Non-profit organizations page 3
Private organizations..... page 4
UHN Wellness and Exercise Programs page 5

Some fitness programs may charge more fees for materials or supplies. Prices quoted and other information may change. **Please use the links provided for the most up-to-date information.**

This is not a full list of programs and organizations. The University Health Network does not recommend one program or organization over another and is not responsible for the care and services provided. Please contact the organizations directly to make sure the information is correct or to find out more.



The City of Toronto Parks, Forestry and Recreation

The City of Toronto offers many physical activities and recreation programs for people of all ages. You can find program locations and information such as days, times and fees by searching online at toronto.ca/funguide or in the FUN Guide brochures.

To learn how to find and register for programs and activities in your area:

Go to the Program Registration and Facility Booking website at <https://efun.toronto.ca/TorontoFun/Start/Start.asp>.

- You will need an account (Family Number and Client Number) to log in and register for programs.
- For more information about creating an account or registering for programs call 416 396 7378.

To view the FUN Guide brochures (PDF) online:

Go to at www.toronto.ca and type FUN Guide into the search bar. Or, pick up a printed copy of the FUN Guide at your local civic centre, public library or community centre. Copies are also available at UHN Patient and Family Learning Centres.

For a listing of free or lower cost recreation options, go to:

www.toronto.ca/explore-enjoy/recreation/free-lower-cost-recreation-options

About the Welcome Policy

The City of Toronto's Welcome Policy provides a fee subsidy to help individuals and families with low-income who live in Toronto. If you are approved for the Welcome Policy, you will receive an annual financial credit that can be spent on City-operated recreation programs. For more information go to: www.toronto.ca/wp

Non-profit organizations

Miles Nadal Jewish Community Centre

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

Phone: 416 924 6211

Website: www.mnjcc.org

- Offers a variety of classes including pilates, stretch & strength, zumba, aquafit and yoga. See “Program Guide” on the website for a full list of programs and schedules. Monthly membership passes are available.

University Settlement Recreation Centre

Address: 23 Grange Rd. (Dundas St. W & McCaul St.)

Phone: 416 598 3444

Website: <https://universitysettlement.ca/>

- Call to learn more about the fees. Fees may be adjusted based on income. University Settlement also offers in-person and online activities and programs at **Grange Fitness Centre** with memberships available for young adults, adults and seniors.

Includes access to:

- 25-yard-long for length swimming with 4 lanes
- fitness centre
- yoga and aqua fit classes
- badminton
- tai chi

YMCA of Greater Toronto

Phone: 416 928 9622 or 1 800 223 8024

Website: www.ymcagta.org

- Members have access to many programs and classes including aquatics, weight room, boot camp, muscle fit, arriba, pilates and yoga. Fees may be adjusted based on income. Please call to find out more.

Variety Village

Address: 3701 Danforth Ave. (Danforth and Birchmount Rd.)

Phone: 416 699 7167

Website: www.varietylvillage.ca

- An inclusive and family-friendly fitness, sports and life skills facility. Offers memberships to people with and without disabilities and is fully accessible. Subsidized memberships are available. Please call to find out more.

Private organizations

Fit4Less by GoodLife

For full details about membership options and locations, visit www.fit4less.ca.

Some locations include:

North York Lawrence Square

Address: 235-700 Lawrence Ave. W.

Phone: 416 780 0729

North York Centre

Address: 5150 Yonge St.

Phone: 416 730 1681

North York Marketplace

Address: 2181 Steeles Ave. W., Unit B1

Phone: 416 736 8437

East York Town Centre

Address: B24 - 45 Overlea Blvd

Phone: 416 467 4902

McCaul and Queen

Address: 21 McCaul Street

Phone: 416 979 1422

Etobicoke Kipling Queensway

Address: 1-1255 The Queensway

Phone: 416 201 0387

Scarborough Golden Mile

Address: 1880 Eglinton Ave. E.

Phone: 416 750-9120

Scarborough Kennedy

Address: 1911 Kennedy Rd.

Phone: 416 297 7846

UHN Wellness and Exercise Programs

Toronto Western Hospital

- Cardiovascular Prevention and Rehabilitation
Phone: 416 603 5200
- Pulmonary Rehabilitation Clinic
Phone: 416 603 5890

Toronto Rehab Institute

- Brain Injury Rehabilitation Services (Rumsey, University)
Phone: 416 597 3422 ext. 5321
- Outpatient Stroke Services (Rumsey, University)
Phone: 416 597 3422 ext. 3221

Toronto Rehab – Rumsey Centre:

- Cardiovascular Prevention & Rehabilitation
Phone: 416 597 3422 ext. 5200
- Diabetes, Exercise & Health Lifestyle Program
Phone: 416 597 3422 ext. 5200
- Multiple Sclerosis Rehabilitation Outpatient Services
Phone: 416 597 3422 ext. 5321

Toronto Rehab – University Centre:

- Falls Prevention Clinic
Phone: 416 597 3422 ext. 3065
- Geriatric Day Hospital Service
Phone: 416 597 3422 ext. 3065
- Musculoskeletal and Multisystem Rehab Program – Outpatient
Therapy Centre
Phone: 416 597 3422 ext. 4514
- Movement Disorders Clinic
Phone: 416 597 3422 ext. 3103

ELLICSR: Health, Wellness & Cancer Survivorship Centre

- Meet other survivors, enroll in a class, take part in survivorship research and much more. Visit <http://ellicsr.ca>
Phone: 416 581 8620

TIME Program, for people with balance and mobility challenges

What is TIME™?

- TIME™ TIME™ is a group exercise program welcoming people with balance and mobility challenges to exercise. The program was designed by physiotherapists at Toronto Rehab and is led by TIME™-trained fitness instructors in community centres across the country.
- The program focuses on functional mobility exercises, done mostly in standing, with hand supports available to assist with balance.
- Participants register for a block of classes (a session) which usually ranges from 8 to 12 weeks. Hour-long classes are offered once or twice per week.
- To be eligible for the program you must be able to walk at least 10 metres (30 feet), with or without a cane or walker, and do so safely without the help of another person. Cost varies from site to site ranging from free to \$15 per class. Subsidies are available to help with registration fees.

To find a location, visit: <https://www.uhn.ca/TorontoRehab/Clinics/TIME> and select the “How to register” tab to view the most up-to-date program listings.

Virtual Program *TIME™ at Home* is also available

TIME™ at Home is a pre-recorded exercise program hosted by a live virtual facilitator. This 60-minute program includes a seated warm-up and cool-down, and 40 minutes of exercise done in standing, practicing movements used in day-to-day life. The MS Society of Canada, in partnership with Toronto Rehab, offers the *TIME™ at Home* program for free.

Register here: <https://mssociety.ca/events/1420/time-at-home>

Videos you can try at home

To help you stay active, the TIME™ team has put together a list of exercise and wellness videos for people with mobility challenges. These videos work best for people who find it difficult to walk in the community and who use a cane or walker to get around. All these videos are free and available online.

See TIME™ Exercise and Wellness Videos for People with Mobility Challenges [PDF] <https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf#search=TIME%E2%84%A2%20Exercise%20and%20Wellness%20Videos%20for%20People%20with%20Mobility%20Challenges>

For any questions about the TIME™ program, email TIME@uhn.ca

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



Have feedback about this document?

Please fill out our survey. Use this link: surveymonkey.com/r/uhn-pe

Visit www.uhnpatienteducation.ca for more health information. Contact pfep@uhn.ca to request this brochure in a different format, such as large print or electronic formats.

© 2023 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.