

LOCATION	TYPE OF CLASS	DAYS	TIMES	AVAILABILITY
50 Quebec Ave M6P 4B4	Intermediate	Friday	12:30 pm – 1:30 pm	Waitlisted (50, 80 or 100 Quebec Prioritized)
		Tuesday	1:00 pm – 2:00 pm	
Alderwood United Church 44 Delma Dr M8W 4N6	Advanced	Thursday	11:00 am – 12:00 pm	Waitlisted
Humbervale Place 1447 Royal York Rd M9P 3V8	Intermediate	Thursday	10:30 am – 11:30 am	Open
	Beginner		11:30 am – 12:15 pm	
Neilson Park Creative Centre 56 Neilson Dr M9C 1V7	Intermediate	Thursday (Sept 17 – Dec 3)	10:00 am – 11:00 am	Waitlisted
Royal York Road United Church 851 Royal York Rd M8Y 2V3	Intermediate	Monday	2:30 – 3:30 pm	Open
Swansea Maple Leaf Royal Canadian Legion 3591 Dundas St W M6S 2T1	Intermediate	Thursday	1:00 pm – 2:00 pm	Waitlisted
	Beginner		2:00 pm – 3:00 pm	
St James United Church 400 Burnhamthorpe Rd M9B 2A8	Intermediate	Friday	9:30 am – 10:30 am	Open
	Beginner		10:45 am – 11:45 am	
	Advanced		12:00 pm – 1:00 pm	
Stonegate Community Health Centre 10 Neighbourhood Lane, Unit 201, M8Y 0C5	Beginner	Tuesday	10:00 am – 11:00 am	Open
	Intermediate		11:15 am – 12:15 pm	



Group Exercise Schedule

Sept 10, 2026

Ukrainian Canadian Social Services 2445 Bloor St W M6S 1P7	Intermediate	Monday	10:00 am – 11:00 am	Waitlisted
Virtual Exercise Classes	Intermediate	Mon-Thurs	10:00 am – 11:00 am	Open