

# **The Heart Wise Exercise Program** **Network Partner Facilities**

## **TORONTO**

1. Body and Soul Fitness  
1875 Leslie St., Unit 15, Toronto, ON M3B 2M5  
[www.bodyandsoul.ca](http://www.bodyandsoul.ca)  
Phone: 416-383-0267  
Contact: Carlos  
Email: [carlos@bodyandsoul.ca](mailto:carlos@bodyandsoul.ca)
2. Body and Soul Fitness  
378 Eglinton Ave. West, Toronto, ON M5N 1A2  
[www.bodyandsoul.ca](http://www.bodyandsoul.ca)  
Phone: 416-484-1500  
Contact: Chris Munro
3. Columbus Center Fitness Club (MedFit Rehab)  
901 Lawrence Ave. West, Toronto, ON M6A 1C3  
[www.villacharities.com](http://www.villacharities.com)  
Phone: 416-789-7011  
Contact: Jan Sebek  
Director of Athletics  
Email: [sebek@villacharities.com](mailto:sebek@villacharities.com)  
Membership office  
Email: [Massimo@villacharities.com](mailto:Massimo@villacharities.com)  
Email: [jwhelan@villacharities.com](mailto:jwhelan@villacharities.com)
4. Fitness That Fits  
4214 Dundas St. West, Suite 104, Etobicoke, ON M8X 1Y6  
[www.fitnessthatfits.ca](http://www.fitnessthatfits.ca)  
Phone: 416-231-2348  
Contact: Nadia Bender  
President/owner  
Email: [nadia@fitnessthatfits.ca](mailto:nadia@fitnessthatfits.ca)
5. Humber College Fitness  
205 Humber College Blvd., Toronto, ON M9W 5L7  
[www.athletics.humber.ca](http://www.athletics.humber.ca)  
Phone: 416-675-6622  
Contact: Leanne Henwood-Adam

\* Has not yet signed new terms and conditions

- Fitness Coordinator/Fitness Facility Manager  
Phone: 416-675-6622 x4186  
Email: [Leanne.HenwoodAdam@humber.ca](mailto:Leanne.HenwoodAdam@humber.ca)  
Hours: Fall/Winter: Monday-Friday, 6:30am-11:00pm  
Saturday-Sunday, 8:00am-5:00pm
6. Miles Nadal JCC  
750 Spadina Ave, Toronto, ON M5S 2J2  
<http://www.milesnadajcc.ca>  
Phone: 416-924-6211  
Contact: Coin Blayney  
Active Coordinator  
Phone: 416-924-6211 x526  
Email: [colinb@mnjcc.org](mailto:colinb@mnjcc.org)
  7. North York Seniors Centre  
21 Hendon Ave, Toronto, ON M2M 4G8  
[www.nyseniors.org](http://www.nyseniors.org)  
Phone: 416-733-4111  
Contact: Sara Sutus  
Active Living Centre Supervisor  
Phone: 416-733-4111 x209  
Email: [ssutus@nyseniors.org](mailto:ssutus@nyseniors.org)
  8. North York Seniors Centre: Day Away Club & Senior Care  
80 Sheppard Ave West, Toronto, ON M2N 1M2  
[www.nyseniors.org](http://www.nyseniors.org)  
Phone: 416-733-4111  
Contact: Sara Sutus  
Active Living Centre Supervisor  
Phone: 416-733-4111 x209  
Email: [ssutus@nyseniors.org](mailto:ssutus@nyseniors.org)
  9. Pure Fitness  
939 Eglinton Ave E, Toronto, ON M4G 4E8  
<http://purefitnesscanada.com>  
Phone: 416-429-7873  
Contact: Jolene Kohne  
Health Centre Manager  
Phone: 416-429-7873  
Email: [Jolene.kohne@gmail.com](mailto:Jolene.kohne@gmail.com)
  10. Prosserman JCC Sherman Campus  
4588 Bathurst St, Toronto, ON M2R 1W6

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<http://prossermanjcc.com>

Phone: 416-638-1881

Contact: Cathy Kenopic

Fitness and Health General Manager

Phone: 416-638-1881 x4104

Email: [cathy@prossermanjcc.com](mailto:cathy@prossermanjcc.com)

11. St. Paul's L'Amoreaux Centre

3333 Finch Ave, Scarborough, ON M1W 2R9

<http://www.splc.ca>

Phone: 416-493-3333

Contact: Sarafina Hui

Phone: 416-493-3333

Email: [sarafina@splc.ca](mailto:sarafina@splc.ca)

12. Think Fitness Studios

203-2489 Bloor St. West, Toronto, ON M6S 1R6

[www.thinkfitnessstudios.com](http://www.thinkfitnessstudios.com)

Phone: 416-763-3488

Email: [info@thinkfitnessstudios.com](mailto:info@thinkfitnessstudios.com)

Contact: Kevin Thorne

Owner

Email: [kevin@thinkfitnessstudios.com](mailto:kevin@thinkfitnessstudios.com)

Hours: Monday-Thursday, 6:00am – 9:00pm

Friday, 6:00am-7:00pm

Saturday, 8:00am-1:00pm

13. Variety Village

3701 Danforth Ave., Scarborough, ON M1N 2G2

[www.varietylvillage.ca](http://www.varietylvillage.ca)

Phone: 416-699-7167

Contact: Sherri Wood

Coordinator of Rehabilitation

Phone: 416-699-7167 x223

Email: [swood@varietyvillage.on.ca](mailto:swood@varietyvillage.on.ca)

Hours: Monday- Friday, 6:00am-10:00pm

Saturday-Sunday, 7:00am-5:00pm

14. Women's Fitness Club of Canada – Bayview/Eglington

1820 Bayview Ave., Toronto, ON M4G 4G7

[www.womensfitnessclubs.com](http://www.womensfitnessclubs.com)

Phone: 416-489-1520

Contact: Sam Ostry

\* Has not yet signed new terms and conditions

General Manager  
Email: [sostry@womensfitnessclubs.com](mailto:sostry@womensfitnessclubs.com)  
Hours: Monday-Thursday, 6:00am–10:45pm  
Friday, 6:00am-10:00pm  
Saturday-Sunday, 7:00am-6:00pm

15. Vital Steps (MedFit Rehab)  
1701A (2<sup>nd</sup> Floor) Avenue Rd., Toronto, ON M5M 3Y3  
[www.vitalsteps.com](http://www.vitalsteps.com)  
Phone: 416-785-8828  
Email: [inquiry@vitalsteps.com](mailto:inquiry@vitalsteps.com)  
Contact: Michelle Saltzman  
Program Director  
Email: [Michelle.g.saltzman@vitalsteps.com](mailto:Michelle.g.saltzman@vitalsteps.com)
  
16. Yee Hong Centre for Geriatric Care  
2311 McNicoll Ave, Toronto, ON M1V 5L3  
<http://www.yeehong.com>  
Phone: 416-412-4571  
Contact: Maria Chu  
Director of Community Support Services  
Phone: 416-412-4571 x2632  
Email: [maria.chu@yeehong.com](mailto:maria.chu@yeehong.com)
  
17. YMCA – Central YMCA\*  
20 Grosvenor St., Toronto, ON M4Y 2V5  
[www.ymcagta.ca](http://www.ymcagta.ca)  
Phone: 416-975-9622  
Email: [central@ymcagta.org](mailto:central@ymcagta.org)  
Contact: Ivan Ilic  
Supervisor for Recreational Sport  
Phone: 416-975-9168
  
18. YMCA – North York YMCA\*  
567 Sheppard Ave. East, North York, ON M2K 1B2  
[www.ymcagta.ca](http://www.ymcagta.ca)  
Phone: 416-225-7773 x501  
Email: [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)  
Contact: Maria  
Program Manager
  
19. YMCA – Scarborough YMCA\*  
230 Town Centre Court, Toronto, ON M1P 4Y7  
[www.ymcagta.ca](http://www.ymcagta.ca)

\* Has not yet signed new terms and conditions

Phone: 416-296-9907 x450  
Email: [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)  
Contact: Zoran Pandovski  
Program Manager  
Email: [Zoran.pandovski@ymcagta.org](mailto:Zoran.pandovski@ymcagta.org)

20. YMCA – Toronto West End College St YMCA Centre\*  
931 College St., Toronto, ON M6H 1A1  
[www.ymcagta.ca](http://www.ymcagta.ca)  
Phone: 416-536-1166  
Email: [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)  
Contact: Sonia Machado  
Health Educator for Family Children Programs  
Email: [Sonia.machado@ymcagta.org](mailto:Sonia.machado@ymcagta.org)  
Hours: Monday-Friday. 5:45am-10:30pm  
Saturday-Sunday, 7:00am-8:00pm  
Statutory Holidays: 8:00am-4:00pm

## **GREATER TORONTO AREA**

### Ajax

21. Ajax Community Centre  
75 Centennial Road, Ajax, ON L1S 4S4  
[www.ajax.ca](http://www.ajax.ca)  
Phone: 905-427-8811 ext. 7513  
Contact: Kevin Smith  
Active Living Coordinator  
Hours: Monday-Friday, 6:00am-10:30pm  
Saturday-Sunday, 7:00am-9:00pm  
Email: [kevin.smith@ajax.ca](mailto:kevin.smith@ajax.ca)
22. Audley Recreation Centre  
1955 Audley Rd. North, Ajax, ON L1Z 0L2  
[www.ajax.ca](http://www.ajax.ca)  
Phone: 905-427-2468  
Contact: Kevin Smith  
Active Living Coordinator  
Hours: Monday-Friday, 6:00am-10:00pm  
Saturday-Sunday, 8:00am-6:00pm  
Email: [kevin.smith@ajax.ca](mailto:kevin.smith@ajax.ca)
23. McLean Community Centre  
95 Magill Drive, Ajax, ON L1T 3K7

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[www.ajax.ca](http://www.ajax.ca)

Phone: 905-428-7711

Contact: Kevin Smith

Active Living Coordinator

Hours: Monday-Friday, 5:30am-10:30pm

Saturday-Sunday, 7:00am-9:00pm

Email: [kevin.smith@ajax.ca](mailto:kevin.smith@ajax.ca)

### Bowmanville

24. Bowmanville Indoor Soccer Facility (BIS)

2375 Baseline Rd., Bowmanville, ON L1C 3K3

[www.clarington.net](http://www.clarington.net)

Phone: 905-697-6263

Contact: Amber Collins

Fitness and Customer Service Coordinator

Phone: 905-404-1525

Phone: 905-697-6263 x28

Email: [acollins@clarington.net](mailto:acollins@clarington.net)

25. Clarington Fitness Centre (CFC)

49 Liberty St. North, Bowmanville, ON L1C 2L7

[www.clarington.net](http://www.clarington.net)

Phone: 905-623-3392

Contact: Amber Collins

Fitness and Customer Service Coordinator

Phone: 905-404-1525

Phone: 905-697-6263 x28

Email: [acollins@clarington.net](mailto:acollins@clarington.net)

### Brampton

26. YMCA – Brampton YMCA\*

20 Union St., Brampton, ON L6V 1R2

\* Has not yet signed new terms and conditions

[www.ymcagta.ca](http://www.ymcagta.ca)

Phone: 905-451-1400

Email: [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)

### Concord

27. Dufferin Clark Community Centre

1441 Clark Avenue West, Concord, ON L4J 7R4

[https://www.vaughan.ca/services/recreation/community\\_centres/dufferin\\_clark\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/dufferin_clark_cc/Pages/default.aspx)

Phone: 905 832 8554

Hours: Monday: 7:45am-9:30pm, Tuesday: 7:45am-7:00pm

Wednesday: 7:45am-9:30pm, Thursday: 7:45am-7:00pm

Friday: 7:45am-9:30pm, Saturday & Sunday: 2:00pm-4:30pm

### Courtice

28. Courtice Community Complex (CCC)

2950 Courtice Rd. North, Courtice, ON L1E 2H8

[www.clarington.net](http://www.clarington.net)

Phone: 905-404-1525 ext. 28

Contact: Amber Collins

Fitness and Customer Service Coordinator

Phone: 905-404-1525

Phone: 905-697-6263 x28

Email: [acollins@clarington.net](mailto:acollins@clarington.net)

### Maple

29. Maple Community Centre

10190 Keele Street, Maple, ON

L6A [https://www.vaughan.ca/services/recreation/community\\_centres/maple\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/maple_cc/Pages/default.aspx)

Phone: 905 832 2377

Hours: Monday to Thursday: 5:30am-10:30pm, Friday: 5:30am-10:00pm

Saturday & Sunday: 7:00am-6:30pm

### Markham

30. YMCA – Markham YMCA Rudy Bratty Centre

101 YMCA Blvd., Markham, ON L6G 0A1

\* Has not yet signed new terms and conditions

[www.ymcagta.ca](http://www.ymcagta.ca)  
Phone: 905-513-9622  
Email: [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)  
Contact: Lily Yen  
Individual Conditioning Supervisor  
Email: [Lily.yen@ymcagta.org](mailto:Lily.yen@ymcagta.org)

## Mississauga

31. City of Mississauga Community Centre – Burnhamthorpe Active Living Centre\*

1500 Guelleden Drive, Mississauga, ON L4X 2T7

[www.mississauga.ca](http://www.mississauga.ca)

Phone: 905-615-4630

Contact: Andrew Grossi

Active Living Supervisor

Phone: 905-615-4670 x2458

Hours: Monday-Friday, 9:00am – 9:00pm

Saturday-Sunday, 8:00am-1:00pm

32. City of Mississauga Community Centre – Carmen Corbasson Community Centre\*

1399 Cawthra Rd., Mississauga, ON L5G 4L1

[www.mississauga.ca](http://www.mississauga.ca)

Phone: 905-615-4800

Contact: Meagan Davies

Active Living Supervisor

Phone: 905-615-4800 x2662

Email: [meagan.davies@mississauga.ca](mailto:meagan.davies@mississauga.ca)

Hours: Monday-Friday, 8:30am – 8:30pm

Saturday-Sunday, 8:30am-1:00pm

33. City of Mississauga Community Centre – Clarkson Community Centre\*

2475 Truscott Drive, Mississauga, ON L5J 2B3

[www.mississauga.ca](http://www.mississauga.ca)

Phone: 905-615-4840

Contact: Regina Kim

Active Living Supervisor

Phone: 905-615-4840 x2139

Email: [megan.davies@mississauga.ca](mailto:megan.davies@mississauga.ca)

Hours: Monday-Friday, 7:00am – 9:45pm

Saturday-Sunday, 7:30am-4:00pm

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34. City of Mississauga Community Centre – Erin Meadows Community Centre\*  
2800 Erin Centre Blvd., Mississauga, ON L5M 6R5  
[www.mississauga.ca](http://www.mississauga.ca)  
Phone: 905-615-4750  
Contact: Teresa Meikle  
Email: [teresa.meikle@mississauga.ca](mailto:teresa.meikle@mississauga.ca)  
Active Living Supervisor  
Phone: 905-615-4750 x 2073  
Hours: Monday-Friday, 8:00am – 9:00pm  
Saturday-Sunday, 8:00am-4:30pm
35. City of Mississauga Community Centre – Frank McKechnie Community Centre\*  
310 Bristol Rd. East, Mississauga, ON L4Z 3V5  
[www.mississauga.ca](http://www.mississauga.ca)  
Phone: 905-615-4660  
Contact: Carol Mio  
Active Living Supervisor  
Phone: 905-615-4660 x 2228  
Email: [carol.mio@mississauga.ca](mailto:carol.mio@mississauga.ca)  
Hours: Monday-Friday, 6:30am – 9:00pm  
Saturday-Sunday, 8:00am-5:30pm
36. City of Mississauga Community Centre – Hershey Sport Zone Fitness Center\*  
5600 Rose Cherry Place, Mississauga, ON L4Z 4B6  
[www.hershey-sportzone.com](http://www.hershey-sportzone.com)  
Phone: 905-615-3200  
Contact: Jon Kilmartin  
Fitness Supervisor  
Phone: 905-615-3200 x 3431  
Hours: Monday-Friday, 8:30am – 8:30pm  
Saturday-Sunday, 8:30am-1:00pm
37. City of Mississauga Community Centre – Huron Park Community Centre\*  
830 Paisley Blvd. West, Mississauga, ON L5C 3P5  
[www.mississauga.ca](http://www.mississauga.ca)  
Phone: 905-615-4820  
Contact: Paul Devine  
Fitness Supervisor  
Phone: 905-615-4820 x2433  
Email: [Paul.devine@mississauga.ca](mailto:Paul.devine@mississauga.ca)

\* Has not yet signed new terms and conditions

38. City of Mississauga Community Centre – Malton Community Centre\*  
3540 Morning Star Drive, Mississauga, ON L4T 1Y2  
[www.mississauga.ca](http://www.mississauga.ca)  
Phone: 905-615-4640  
Contact: Julia Palmas  
Fitness Supervisor  
Phone: 905-615-4640 x2511  
Email: [Julia.palmas@mississauga.ca](mailto:Julia.palmas@mississauga.ca)  
Hours: Monday-Friday, 6:30am – 10:00pm  
Saturday-Sunday, 8:30am-5:00pm
39. City of Mississauga Community Centre – Meadowvale Community Center\*  
6655 Glen Erin Drive, Mississauga, ON L5N 3L4  
[www.mississauga.ca](http://www.mississauga.ca)  
Phone: 905-615-4710 x 2560  
Contact: Brenda DeCoste  
Recreation Programmer  
Email: [Brenda.decoste@mississauga.ca](mailto:Brenda.decoste@mississauga.ca)  
Hours: Monday-Friday, 6:00am – 10:30pm  
Saturday-Sunday, 8:00am-5:00pm
40. City of Mississauga Community Centre - River Grove Community Center\*  
5800 River Grove Ave., Mississauga, ON L5M 4R8  
[www.mississauga.ca](http://www.mississauga.ca)  
Contact: Tyler Haney  
Fitness Supervisor  
Email: [cylor.haney@mississauga.ca](mailto:cylor.haney@mississauga.ca)  
Phone: 905-615-4780  
Hours: Monday-Friday, 6:00am – 10:00pm  
Saturday-Sunday, 7:30am-7:00pm
41. City of Mississauga Community Centre – South Common Community Centre\*  
2233 South Millway, Mississauga, ON L5L 3H7  
[www.mississauga.ca](http://www.mississauga.ca)  
Phone: 905-615-4770  
Contact: Mike Erison  
Recreation Programmer  
Phone: 905-615-4770 x2286  
Hours: Monday-Thursday, 6:00am – 10:30pm  
Friday, 6:00am-9:30pm  
Saturday-Sunday, 8:00am-5:00pm

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42. City of Mississauga Community Centre – Mississauga Valley Community Centre (Terry Fox Fitness Center)\*  
1275 Mississauga Valley Blvd., Mississauga, ON L5A 3R8  
[www.mississauga.ca](http://www.mississauga.ca)  
Phone: 905-615-4670  
Contact: Chase Nguyen  
Recreation Programmer  
Contact: Andrew Grossi  
Phone: 905-615-4670 x2458  
Hours: Monday-Thursday, 6:15am – 10:30pm  
Friday, 6:15am – 10:00pm  
Saturday-Sunday, 7:00am-4:30pm
43. Square One Older Adult Centre: Mississauga West\*  
100 City Centre Drive, Mississauga, ON L5B 2C9  
[www.sq1oac.com](http://www.sq1oac.com)  
Phone: 905-615-3207  
Email: [squareoneoac@rogers.com](mailto:squareoneoac@rogers.com)  
Hours: Monday-Friday, 8:30am-4:30pm  
Saturday, 9:00am-4:00pm
44. YMCA – Mississauga YMCA\*  
325 Burnhamthorpe Rd. West, Mississauga, ON L5B 3R2  
[www.ymcagta.ca](http://www.ymcagta.ca)  
Phone: 905-897-6801  
Email: [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)  
Contact: Sandra Nordby  
Program Manager  
Email: [Sandra.nordby@ymcagta.org](mailto:Sandra.nordby@ymcagta.org)

#### Oshawa

45. Civic Recreation Complex  
99 Thornton Rd. South, Oshawa, ON L1J 7C1  
[www.oshawa.ca](http://www.oshawa.ca)  
Phone: 905-436-5454  
Contact: Gabriel McCune  
Program Coordinator  
Phone: 905-436-5454 x5035  
Email: [gmccune@oshawa.ca](mailto:gmccune@oshawa.ca)  
Hours: Monday-Friday, 6:00am-10:00pm  
Saturday-Sunday, 8:00am-9:00pm  
Summer Hours: Monday-Friday, 6:00am-9:00pm

\* Has not yet signed new terms and conditions

Saturday-Sunday, 8:00am-5:00pm

46. Donevan Recreation Complex  
171 Harmony Rd. South, Oshawa, ON L1H 6T4  
[www.oshawa.ca](http://www.oshawa.ca)  
Phone: 905-725-3536  
Contact: Gabriel McCune  
Program Coordinator  
Phone: 905-436-5454 x5035  
Phone: 905-436-5454 x5035  
Email: [gmccune@oshawa.ca](mailto:gmccune@oshawa.ca)  
Hours: Monday-Friday, 8:30am-10:00pm  
Saturday-Sunday, 8:30am-8:30pm

47. Legends Centre  
1661 Harmony Rd. North, Oshawa, ON L1H 7K5  
[www.oshawa.ca](http://www.oshawa.ca)  
Phone: 905-436-5455  
Contact: Gabriel McCune  
Program Coordinator  
Phone: 905-436-5454 x5035  
Email: [gmccune@oshawa.ca](mailto:gmccune@oshawa.ca)  
Hours: Monday-Friday, 6:00am-9:00pm  
Saturday-Sunday, 8:00am-8:00pm

48. Northview Community Centre  
150 Beatrice St., Oshawa, ON L1G 7T6  
[www.oshawa.ca](http://www.oshawa.ca)  
Phone: 905-436-5455 x5035  
Email: [gmccune@oshawa.ca](mailto:gmccune@oshawa.ca)  
Hours: Monday-Friday, 9:00am-9:00pm  
Saturday-Sunday, 9:00am-5:00pm

49. South Oshawa Community Centre  
1455 Cedar St., Oshawa, ON L1J 0A8  
[www.oshawa.ca](http://www.oshawa.ca)  
Phone: 905-436-5474  
Contact: Gabriel McCune  
Program Coordinator  
Phone: 905-436-5454 x5035  
Email: [gmccune@oshawa.ca](mailto:gmccune@oshawa.ca)  
Hours: Monday-Sunday, 8:30-9:00pm

50. YMCA – Oshawa Mary St. YMCA Center

\* Has not yet signed new terms and conditions

99 Mary St. North, Oshawa, ON L1G 8C1  
[www.ymcagta.ca](http://www.ymcagta.ca)  
Phone: 905-438-0822  
Email: [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)  
Contact: Bill Houston  
Supervisor  
Phone: 905-438-0822 x451

### Pickering

51. East Shore Community Centre  
910 Liverpool Rd. South, Pickering, ON L1W 1S6  
[www.pickering.ca](http://www.pickering.ca)  
Phone: 905-683-6582  
Contact: Catarina Freire  
Health and Fitness Specialist  
Phone: 905-683-6582 x3232  
Email: [cfreire@pickering.ca](mailto:cfreire@pickering.ca)
  
52. Petticoat Community Centre  
470 Kingston Rd. West, Pickering, ON L1V 1A4  
[www.pickering.ca](http://www.pickering.ca)  
Phone: 905-683-6582  
Contact: Catarina Freire  
Health and Fitness Specialist  
Phone: 905-683-6582 x3232  
Email: [cfreire@pickering.ca](mailto:cfreire@pickering.ca)
  
53. Pickering Recreation Complex  
1867 Valley Farm Rd., Pickering, ON L1V 3Y7  
[www.pickering.ca](http://www.pickering.ca)  
Phone: 905-683-6582  
Contact: Catarine Freire  
Health and Fitness Specialist  
Phone: 905-683-6582 x3232  
Email: [cfreire@pickering.ca](mailto:cfreire@pickering.ca)
  
54. West Shore Community Centre  
1011-1015 Bayly St. West, Pickering, ON L1W 1L3  
[www.pickering.ca](http://www.pickering.ca)  
Phone: 905-683-6582  
Contact: Catarina Freire  
Health and Fitness Specialist  
Phone: 905-683-6582 x3232

\* Has not yet signed new terms and conditions

Email: [cfreire@pickering.ca](mailto:cfreire@pickering.ca)

55. Women's Fitness Clubs of Canada - Pickering Town Centre  
1355 Kingston Rd., Pickering, ON L1V 1B6  
[www.womensfitnessclubs.com](http://www.womensfitnessclubs.com)  
Phone: 905-420-1520  
Contact: Jenny Bertram  
General Manager  
[jbertram@womensfitnessclubs.com](mailto:jbertram@womensfitnessclubs.com)  
Hours: Monday-Thursday, 6:00am-10:45pm  
Friday, 6:00am-10:00pm  
Saturday-Sunday, 7:00am-6:00pm

#### Richmond Hill

56. Womens Fitness Clubs of Canada – Richmond Hill  
10341 Yonge St., Richmond Hill, ON L4C 3C1  
[www.womensfitnessclubs.com](http://www.womensfitnessclubs.com)  
Phone: 905-737-1520  
Contact: Dana Montgomery  
General Manager  
Email: [dmontgomery@womensfitnessclubs.com](mailto:dmontgomery@womensfitnessclubs.com)  
Hours: Monday-Thursday, 6:00am – 10:45pm  
Friday, 6:00am-10:00pm  
Saturday-Sunday, 7:00am-6:00pm

#### Thornhill

57. Garnet A. Williams Community Centre  
501 Clark Avenue West, Thornhill, ON L4J 4E5  
[https://www.vaughan.ca/services/recreation/community\\_centres/garnet\\_a\\_williams\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/garnet_a_williams_cc/Pages/default.aspx)  
Phone: 905-832-8552  
Hours: Monday to Thursday: 5:30am-10:30pm, Friday: 5:30am-9:00pm  
Saturday & Sunday: 7:00am-6:30pm
58. North Thornhill Community Centre  
300 Pleasant Ridge Avenue, Thornhill, ON L4J 9B3  
[https://www.vaughan.ca/services/recreation/community\\_centres/north\\_thornhill\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/north_thornhill_cc/Pages/default.aspx)  
Phone: 905-832-8540  
Hours: Monday to Thursday: 5:30am-10:30pm, Friday: 5:30am-10:00pm  
Saturday & Sunday: 7:00am-6:30pm

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59. Rosemount Community Centre  
1000 New Westminister Drive. Thornhill, ON L4J 8G3  
[https://www.vaughan.ca/services/recreation/community\\_centres/rosemount\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/rosemount_cc/Pages/default.aspx)  
Phone: 905-303-2024  
Hours: Monday to Wednesday: 8:30am-9:00pm, Thursday: 8:30am-6:30pm  
Friday: 8:30am-8:00pm, Saturday: 7:30am-3:00pm, Sunday: 11:30am-3:00pm

60. Womens Fitness Clubs of Canada – Promenade Mall (Thornhill)  
1 Promenade Circle, Thornhill, ON L4J 4P8  
[www.womensfitnessclubs.com](http://www.womensfitnessclubs.com)  
Phone: 905-731-1520  
Contact: Kathie Sharkey  
Director of Training and Development  
Phone: 905-731-1520 X47  
Email: [sharkey@rogers.ca](mailto:sharkey@rogers.ca)  
Contact: Joanne Gluck  
General Manager  
Hours: Monday to Thursday, 6:00am-10:45pm, Friday, 6:00am-10:45pm, Saturday-Sunday, 7:00am-6:00pm

#### Vaughan

61. Schwartz-Reisman JCC Centre  
9600 Bathhurst St, Vaughan L6A 3Z8  
<http://srcentre.ca>  
Phone: 905-303-1821  
Contact: Irina Grouzman  
Fitness and Health Manager  
Phone: 905-303-1821 x3031

#### Whitby

62. The Abilities Centre  
55 Gordon St., Whitby, ON L1N 0J2  
[www.abilitiescentre.org](http://www.abilitiescentre.org)  
Phone: 905-665-8500  
Contact: Alison Wilson  
Lead, Health and Wellness Transition  
Phone: 905-665-8500 x114  
Email: [awilson@abilitiescentre.org](mailto:awilson@abilitiescentre.org)

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63. Ashburn Community Centre  
780 Myrtle Rd. West, RR 1, Ashburn, ON L0B 1A0  
[www.whitby.ca](http://www.whitby.ca)  
Phone: 905-655-4371  
Contact: Marianna Schlottke  
Supervisor of Fitness Services  
Phone: 905-666-1991  
Email: [schlottke.m@whitby.ca](mailto:schlottke.m@whitby.ca)
64. Brooklin Community Centre  
45 Cassels Rd. East, Brooklin, ON L0B 1C0  
[www.whitby.ca](http://www.whitby.ca)  
Phone: 905-655-3139  
Contact: Marianne Schlottke  
Supervisor of Fitness Services  
Phone: 905-666-1991  
Email: [schlottke.m@whitby.ca](mailto:schlottke.m@whitby.ca)
65. Brooklin Community Centre and Library  
8 Vipond Rd., Whitby, ON L1M 1B3  
Phone: 905-655-2010  
Contact: Marianne Schlottke  
Supervisor of Fitness Services  
Phone: 905-666-1991  
Email: [schlottke.m@whitby.ca](mailto:schlottke.m@whitby.ca)
66. Centennial Building  
416 Centre St. South, Whitby, ON L1N 4W2  
[www.whitby.ca](http://www.whitby.ca)  
Phone: 905-666-1991  
Contact: Marianne Schlottke  
Supervisor of Fitness Services  
Hours of Operation: Monday-Sunday, 8:30am-9:30pm  
Email: [schlottke.m@whitby.ca](mailto:schlottke.m@whitby.ca)
67. Heydenshore Pavilion  
589 Water St., Whitby, ON L1N 9V9  
[www.whitby.ca](http://www.whitby.ca)  
Phone: 905-666-1991 x6456  
Contact: Marianne Schlottke  
Supervisor of Fitness Services  
Phone: 905-666-1991  
Email: [schlottke.m@whitby.ca](mailto:schlottke.m@whitby.ca)

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68. Whitby Civic Recreation Complex  
555 Rossland Rd. East, Whitby, ON L1N 2M8  
[www.whitby.ca](http://www.whitby.ca)  
Phone: 905-666-1991  
Fax: 905-666-0585  
Contact: Marianne Shlottke  
Supervisor of Fitness Services  
Phone: 905-666-1991  
Email: [schlottke.m@whitby.ca](mailto:schlottke.m@whitby.ca)

### Woodbridge

69. Al Palladini Community Centre  
9201 Islington Avenue, Woodbridge, ON L4L  
1A7 [http://www.vaughan.ca/services/recreation/community\\_centres/al\\_palladini\\_cc/Pages/default.aspx](http://www.vaughan.ca/services/recreation/community_centres/al_palladini_cc/Pages/default.aspx)  
Phone: 905-832-8564  
Hours: Monday–Thursday: 5:30 am–10:30pm  
Friday: 5:30am–10:00pm: Saturday & Sunday: 7:00am–6:30pm

70. Chancellor Community Centre  
350 Ansley Grove Road, Woodbridge, ON L4L 1 A7  
[https://www.vaughan.ca/services/recreation/community\\_centres/chancellor\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/chancellor_cc/Pages/default.aspx)  
Phone: 905 832 8620  
Hours: Monday & Tuesday: 8:30am-9:30pm, Wednesday: 8:30am-9:00pm  
Thursday & Friday: 8:30am-4:30pm, Saturday: 7:30am-3:00pm  
Sunday: 9:00am-3:00pm

71. Father E. Bulfon Community Centre  
8141 Martin Grove Road, Woodbridge, ON, L4L 3W9  
[https://www.vaughan.ca/services/recreation/community\\_centres/father\\_e\\_bulfon\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/father_e_bulfon_cc/Pages/default.aspx)  
Phone: 905 879 8732  
Hours: Monday to Friday: 8:30am-4:30pm (Closed between 12 Noon and 1pm)  
Saturday & Sunday: CLOSED

72. Vellore Village Community Centre  
1 Villa Royale Avenue, Woodbridge, ON, L4H 2Z7  
[https://www.vaughan.ca/services/recreation/community\\_centres/vellore\\_village\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/vellore_village_cc/Pages/default.aspx)  
Phone: 905-832-8544

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Hours: Monday to Thursday: 5:30am-10:30pm  
Friday: 5:30am-10:00pm, Saturday & Sunday: 7:00am-6:30pm

73. Woodbridge Pool & Memorial Arena  
5020 Highway 7, Woodbridge, ON, L4L 1T1  
[http://www.vaughan.ca/services/recreation/community\\_centres/woodbridge\\_pool\\_arena/Pages/default.aspx](http://www.vaughan.ca/services/recreation/community_centres/woodbridge_pool_arena/Pages/default.aspx)  
Phone: 905-832-8576  
Hours: Monday & Wednesday: 9:00am-5:00pm,  
Tuesday & Thursday: 9:00am-8:00pm, Friday: 9:00am-6:30pm  
Saturday & Sunday: CLOSED

## **OUTSIDE THE GTA**

### Brighton

74. YMCA – Brighton YMCA  
170 Main St., P.O. Box 107, Brighton, ON K0K 1H0  
[www.ymcanorthumberland.com](http://www.ymcanorthumberland.com)  
Phone: 613-475-2887  
Contact: Mette Aarlev  
Coordinator, Adult Programs  
Phone: 905-372-0161 ext. 324  
Email: [maarlev@YMCAnorthumberland.com](mailto:maarlev@YMCAnorthumberland.com)

### Burlington

75. Women's Fitness Club of Canada – Burlington/Oakville  
491 Appleby Line, Burlington, ON L7L 2Y1  
[www.womensfitnessclubs.com](http://www.womensfitnessclubs.com)  
Phone: 905-631-1520  
Contact: Laura Dirksen  
General Manager  
Email: <mailto:ldirksen@womensfitnessclubs.com>  
Email: [dirksen@womensfitnessclubs.com](mailto:dirksen@womensfitnessclubs.com)  
Hours: Monday-Thursday, 6:00am – 10:45pm  
Friday, 6:00am-10:00pm  
Saturday-Sunday, 7:00am-6:00pm

### Cambridge

76. Fairview Mennonite Centre for Health & Wellness  
515 Langs Drive, Cambridge, ON N3H 5E4

\* Has not yet signed new terms and conditions

[www.fairviewmh.com](http://www.fairviewmh.com)

Phone: 519-653-5719 x4601

Contact: Tara Evershed

Manager

Email: [admin@tricityphysio.ca](mailto:admin@tricityphysio.ca)

77. Tri City Physiotherapy and Rehabilitation  
697 Coronation Blvd., Unit 4, Cambridge, ON N1R 3G5  
[www.tricityphysio.ca](http://www.tricityphysio.ca)  
Phone: 519-620-2229  
Contact: Dr. Gabe Voros  
Owner  
Email: [admin@tricityphysio.ca](mailto:admin@tricityphysio.ca)  
Hours: Monday-Thursday, 9:00am-7:00pm  
Friday, 9:00am-6:00pm

78. YMCA – Chaplin YMCA  
250 Hespeler Rd., Cambridge, ON N1R 3H3  
[www.chaplinfamilyy.ca](http://www.chaplinfamilyy.ca)  
Phone: 519-623-9622  
Contact: Brandi Thompson  
Healthy Hearts Program Coordinator  
Phone: 519-623-9622 x242  
Email: [bthompson@ckwymca.ca](mailto:bthompson@ckwymca.ca)

### Cobourg

79. Cobourg Community Centre  
750 D'Arcy St., Cobourg, ON K9A 0G1  
[www.cobourg.ca](http://www.cobourg.ca)  
Phone: 905-372-5510  
Contact: Natasha Jacobs  
Seniors Coordinator  
Email: [njacobs@cobourg.ca](mailto:njacobs@cobourg.ca)
80. YMCA – Northumberland YMCA  
339 Elgin St. West, Cobourg, ON K9A 4X5  
[www.ymcanorthumberland.com](http://www.ymcanorthumberland.com)  
Phone: 905-372-0161  
Contact: Mette Aarlev  
Coordinator, Adult Programs  
Phone: 905-372-0161 ext. 324  
Email: [maarlev@YMCAnorthumberland.com](mailto:maarlev@YMCAnorthumberland.com)

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## Hamilton

81. Reinhold Rehab  
848 Main St. East, Hamilton, ON L8M 1L9  
[www.reinholdrehab.ca](http://www.reinholdrehab.ca)  
Phone: 905-547-6461  
Contact: Cheryl Wylie  
Physiotherapist

## Kitchener

82. YMCA – A.R. Kaufman YMCA  
333 Carwood Ave., Kitchener, ON N2G 3L5  
[www.arkfamilyy.ca](http://www.arkfamilyy.ca)  
Contact: Crystal Hughes  
Supervisor, Wellness Programs  
Phone: 519-743-5201 x233  
Email: [chughes@ckwymca.ca](mailto:chughes@ckwymca.ca)

## Newcastle

83. Newcastle & District Recreation Complex (NDRC)  
1780 Ruddell Rd., Newcastle, ON L1B 1G8  
[www.clarington.net](http://www.clarington.net)  
Phone: 905-987-5667  
Contact: Amber Collins  
Fitness and Customer Service Coordinator  
Phone: 905-697-6263  
Phone: 905-697-6263 x28  
Email: [acollins@clarington.net](mailto:acollins@clarington.net)

## Peterborough

84. Peterborough Sport and Wellness Center  
775 Brealey Drive, Peterborough, ON K9K 1P5  
[www.peterborough.ca](http://www.peterborough.ca)  
Phone: 705-748-1011 ext. 6138  
Contact: Jennifer Bell  
Fitness and Lifestyle Coordinator  
Email: [jbelle@peterborough.ca](mailto:jbelle@peterborough.ca)
85. Trent University, Trent University Sport and Recreation Center  
Trent University, 1600 West Bank Drive, Peterborough, ON K9J 5B7

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[www.trentu.ca](http://www.trentu.ca)

Phone: 705-748-1011 ext. 6138

Contact: Julianna Stonehouse

Fitness and Lifestyle Coordinator

Email: [juliannastonehouse@trentu.ca](mailto:juliannastonehouse@trentu.ca)

Hours: Monday – Friday, 5:30am - 9:00pm,

Saturday – Sunday, 7:00am -7:00pm

86. YMCA – Central Ontario YMCA  
Balsillie Family Branch – Peterborough  
123 Aylmer St. South, Peterborough, ON K9J 3H8  
[www.peterboroughymca.org](http://www.peterboroughymca.org)  
Phone: 705-748-9622 ext. 231  
Contact: Chris Leney  
Adult Fitness Coordinator  
Email: [chris.leney@ymca.ca](mailto:chris.leney@ymca.ca)  
Phone (back door): 705-748-9642

#### Port Hope

87. Port Hope Community Health Center  
99 Toronto Rd., Port Hope, ON L1A 3S4  
[www.porthopechc.ca](http://www.porthopechc.ca)  
Phone: 905-885-2626  
Contact: Pam MacDougall  
Health Promoter
88. Port Hope Town Recreation Centre  
62 McCaul St., Port Hope, ON L1A 1A2  
[www.porthope.ca/en/municipaldepartments/Parks.asp](http://www.porthope.ca/en/municipaldepartments/Parks.asp)  
Phone: 905-885-7908 x3422  
Contact: Julia Snoek  
Program Coordinator  
Email: [jsnoek@porthope.ca](mailto:jsnoek@porthope.ca)

#### Waterloo

89. YMCA – Stork Family YMCA  
500 Fischer-Hallman Rd. North, Waterloo, ON N2L 0B1  
[www.storkfamilyy.ca](http://www.storkfamilyy.ca)  
Phone: 519-725-8783  
Contact: Lisa Smith  
Director, Programs  
Phone: 519-725-8783 x263

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