

PLEASE PRINT INFORMATION - THANK YOU

FIRST NAME: _____ LAST NAME: _____

PHONE NUMBER: _____ TAG #: X102 _____ (add last 4 digits)

Summer Session 2017: Monday July 17th, 2017 - Friday September 8th, 2017

CENTRE CLOSED: Monday August 7th & Monday September 4th, 2017

	CLASS	LOCATION	START TIME	END TIME	PRICE	Selection	Enter Amount
MONDAY							
Sandra S.	1A Yoga	Gym	9:45 AM	10:45 AM	\$30.00		
Club	Knitters/Craft	GP Room	10:00 AM	12:00 PM	\$12.00		
Diane B.	1B Pilates	Gym	11:00 AM	12:00 PM	\$30.00		
Susan D.	1C Strong and Stretched	Church Hall	12:30 PM	1:30 PM	\$30.00		
TUESDAY							
Gabriela C.	2A Flex-N-Stretch	Gym	9:05 AM	9:55 AM	\$30.00		
Karen F.	2B Continuing Line Dancing	Gym	10:00 AM	11:00 AM	\$30.00		
Sylvia B.	2C Co-ed Fitness	Gym	11:05 AM	12:05 PM	\$30.00		
Sandra S.	2D Yoga	Gym	12:15 PM	1:15 PM	\$30.00		
WEDNESDAY							
Club	Woodcarving	GP Room	8:45 AM	10:45 AM	\$12.00		
Susan D.	3A Heart & Bones	Church Hall	9:30 AM	10:30 AM	\$30.00		
Halyna I.	3B Cardio Boost	Gym	9:45 AM	10:45 AM	\$40.00		
Dale M.	3C Osteo Keep Fit	Gym	11:00 AM	11:55 AM	\$30.00		
Dale M.	3D Gentle Exercise	Gym	12:00 PM	12:55 PM	\$30.00		
THURSDAY							
Club	Bridge	Conf Room	10:00 AM	12:00 PM	P.A.Y.P.		
Diane B.	4A Pilates	Gym	9:30 AM	10:30 AM	\$30.00		
Dale M.	4B Co-ed Fitness	Gym	10:45 AM	11:45 AM	\$30.00		
Sue Z.	4D Belly Cardio	Gym	12:00 PM	1:00 PM	\$40.00		
Club	Ballroom Dancing Practice	Gym	1:00 PM	2:00 PM	\$12.00		
FRIDAY							
Games	Scrabble	GP Room	9:00 AM	11:00 AM	P.A.Y.P.		
Connie	5A Line Dance Beginner	Gym	9:00 AM	10:00 AM	\$30.00		
Connie	5B Line Dance Continuing	Gym	10:10 AM	11:10 AM	\$30.00		
	Congregate Dining	GP Room	12:00 PM	2:00 PM	P.A.Y.P.		

PROGRAM POLICIES:

1. Membership is required for all classes, clubs and activities listed above
2. WE REGRET THAT WE CANNOT COMPENSATE FOR MISSED CLASSES
3. In Classes that have previously proven to have less than the minimum of participants (10) a surcharge will be added to program cost at registration. If the class reaches more than the minimum then participants will receive a refund.
4. Classes are subject to being cancelled if the class does not reach 5 participants.

Class & Club Total

Membership \$25.00

Donation

GRAND TOTAL

Cash Cheque

NEXT REGISTRATION: Thursday August 24th, 2017



33 Pritchard Ave, Toronto, ON M6N 1T4
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Classes	Description
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Co Ed Fitness	Moderate level seated, standing and walking exercises with weight options.
Gentle Exercise	In chair strengthening exercises with use of weights and bands.
Pilates	A series of core, back, leg, and arm exercises at moderate to advanced intensity.
Belly Cardio	A cardio workout using belly dance movements to build muscles and improve core strength. We work muscles not worked in other exercises.
Line Dance	Learn great choreographed dance moves to popular music.
Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health.
Strong/Stretched	Incorporates gentle exercises designed to help improve strength, flexibility, good postural alignment, breathing and relaxation.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Clubs	Description
Ballroom Dance	Open practice class to help improve ballroom dancing abilities. Singles and couples welcome.
Knitters Club	Love to knit? Not sure what to do with your creations? Group meets weekly and finished projects can be donated to charities that help children.
Men's Club	Get-togethers and outings with other men.
Wood Carving	Great for all skill levels.
Congregate Dining	Hot meal and speakers on many relevant topics for members and special events.
Games	Pay As You Play
Bridge	Enjoy a game of Bridge.
Scrabble	Come, hang out and play a friendly game of Scrabble.
Book Club	Two meetings scheduled for summer session. Cost: \$2.00 per meeting.