

SYME SPRING 2026 CLASS REGISTRATION FORM

OFFICE COPY

Session Date: Monday, April 13th, 2026 - Saturday, July 4th, 2026

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
MONDAY	11 Weeks					
Lisa D.	Mixed Media Art	Church Hall	9:30 AM	11:30 AM	\$ 66.00	
Diane B.	Pilates	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Euchre	GP Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	Advanced Yoga	Gym	10:40 AM	11:40 AM	\$ 33.00	
Luba I.	Osteo Keep Fit (7 Weeks)	Gym	11:50 AM	12:50 PM	\$ 21.00	
Lisa D.	Art for Wellness	Church Hall	11:45 AM	1:45 PM	\$ 33.00	
Luba I.	Co-Ed Fitness (7 Weeks)	Gym	1:00 PM	2:00 PM	\$ 21.00	
TUESDAY	12 Weeks					
Halyna I.	Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 36.00	
Club	Timely Topics	Conference Room	9:30 AM	11:00 AM	\$ 15.00	
Games	Mah Jong	GP Room	10:00 AM	12:00 PM	P.A.Y.P	
Karen F.	Level 1 Line Dancng	Gym	10:15 AM	11:15 AM	\$ 36.00	
Karen F.	Level 2 Line Dancing	Gym	11:30 AM	12:30 PM	\$ 36.00	
Club	Hand Dance	Gym	12:45 PM	1:15 PM	\$ 15.00	
Karen F.	Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 36.00	
WEDNESDAY	11 Weeks					
Club	Woodcarving	GP Room	9:30 AM	11:30 AM	\$ 15.00	
Rebel K.	Functional Fitness	Gym	9:45 AM	10:45 AM	\$ 33.00	
Club	Jovias Life - Gentle Flow (5 Weeks)	Church Hall	10:15 AM	11:15 AM	\$ 15.00	
Club	Brain Boost (Starts May 20)	Church Hall	10:00 AM	11:00 AM	\$ 15.00	
Rebel K.	Functional Fitness	Gym	10:50 AM	11:50 AM	\$ 33.00	
Julia G.	Zumba Gold (9 Weeks)	Gym	12:00 PM	1:00 PM	\$ 27.00	
Elaine F.	Tai Chi Intro	Church Hall	12:15 PM	1:15 PM	\$ 33.00	
Yushan C.	Pilates	Gym	1:30 PM	2:30 PM	\$ 33.00	
Michael A.	Chair Yoga	Church Hall	1:30 PM	2:30 PM	\$ 33.00	
THURSDAY	12 Weeks					
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 15.00	
Halyna I.	Aerobics	Gym	9:30 AM	10:30 AM	\$ 36.00	
Games	Bridge	GP Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Cribbage	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	Restorative Yoga	Gym	11:30 AM	12:30 PM	\$ 36.00	
Yushan C.	Cardio & Strength	Gym	12:45 PM	1:45 PM	\$ 36.00	
Xiao Q.	Falls Prevention Fitness	Church Hall	12:45 PM	1:45 PM	\$ 36.00	
Games	Canasta	GP Room	1:00 PM	3:00 PM	P.A.Y.P	
Wanda F.	Essentrics Fitness (9 Weeks)	Gym	2:00 PM	3:00 PM	\$ 27.00	
FRIDAY	11 Weeks					
Michael A.	Beginners Yoga	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Scrabble	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Rebel K.	Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	
SATURDAY	12 Weeks					
Karen F.	Strengthen & Lengthen	Gym	10:00 AM	11:00 AM	\$ 36.00	
Gina B.	Yogalates	Gym	12:20 PM	1:20 PM	\$ 36.00	
Club	Tai Chi Open Practice	Gym	1:30 PM	2:30 PM	\$ 15.00	

33 Pritchard Ave
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<https://syme55.com>



Class & Club Total
2026 Membership
Donation
GRAND TOTAL

Cheque Credit/Debit Cash

Classes	Descriptions
Low Intensity	
Mixed Media Art	Mixed media art class designed to provide a supportive and inclusive environment for seniors to engage in all levels of artistic expression.
Art for Wellness	Join this class that is designed to reduce stress, support emotional regulation and promote a sense of calm and accomplishment. Creative task stimulate focus, memory, problem solving and imaginative thinking. No artistic skills required.
Level 1 Line Dancing	Entry level choreographed dance moves to popular upbeat music.
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health & energy, and reduce stress.
Chair Yoga	Accessible version of yoga which includes moderate movement and stretching, while sitting on a chair.
Aerobics	Lower intensity rhythmic movements that engage full body activity.
Tai Chi Open Practice	This self taught open practice class incorporates movements to help with mind, body connection.
Restorative Yoga	This class incorporates the concept of mindfulness and breath work allowing you to align your physical and mental state through movements or stillness.
Strengthen & Lengthen	The perfect balance of strength and mobility is what keeps us functional as we age. Standing, with chair support as needed, this no impact class focuses on gently restoring flexibility and range of motion. Safe for all fitness levels.
Falls Prevention Fitness	Focuses on body stability, flexibility, coordination, lower limb strength and balance, through progressive exercises designed to enhance these key areas. This is an open-level class with mixes of seated and or standing options.
Beginners Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Medium Intensity	
Pilates	A series of core, back, leg and arm exercises at moderate to advanced intensity.
Advanced Yoga	Higher level yoga which incorporates stretch, breathe, strength 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. This class will be done standing but can also accommodate seated exercise.
Co-Ed Fitness	Moderate level seated, standing and walking exercises with weight options to get your body moving.
Level 2 Line Dancing	Second level more advanced choreographed dance moves to popular upbeat music.
Zumba Gold	Easy to follow Zumba choreography that focuses on balance, range of motion and coordination for active older adults, may include a mix or standing or seated movements.
Essentrics Fitness	Focuses on healthy aging with gentle workouts for all fitness levels and improves ability to move freely without pain. Strength and stretching movements to music to increase flexibility, improves the range of motion in our joints and prevents injuries.
Cardio & Strength	Half gentle cardio fit, half strength training try this immersive class to get your body moving.
Yogalates	Try this great blend of yoga and pilates where movements merge and transition into yoga and deep stretches. Excellent for coordination and flexibility.
High Intensity	
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Drum Fitness	A high intensity standing workout drumming along to a variety of popular songs past and present. Builds upper body strength while sharpening mental focus and improving coordination. Great stress reliever.
Functional Fitness	Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.
Clubs	Descriptions
Timely Topics	Weekly speakers and lively discussion.
Hand Dance	A class great for mind and body coordination, while following instructed hand movements.
Woodcarving	Create works of art with wood and sharp tools.
Jovias Life - Gentle Flow	Light, low impact games and exercise with slower paces and transitions, move at your own comfort level fitness.
Brain Boost	From word scrambles to bilateral brain gym , there are so many ways to boost your brain function. Have fun trying a different brain boosting activity every week.
Choir	Singing together has proven physical and mental health benefits, but most of all, it's fun! Strengthen your singing ability and share in group performances.
Games	P.A.Y.P = Pay as you play \$2.50
Euchre	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.
Bridge	Enjoy a game of Bridge.
Cribbage	The objective is to be the first player to get 121 points. The gameplay is divided into three distinct parts; The Deal, The Play and The Show.
Canasta	Card game where players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands.
Scrabble	Come hang out and play a friendly game of Scrabble.
PLEASE READ BEFORE REGISTERING	
<ol style="list-style-type: none"> Members are welcome to try up to 3 programs before registering. You can not try a program that is at capacity. Please stop by the office for a guest pass before trying a class. Members are allowed to change a class within the first two weeks only. Changes requested after the date will be at the discretion of the Program Manager. Please remember to sign in each time you come to the Centre. If you do not have a blue tag, stop by the office. If a class is cancelled due to instructor illness, a make up class will be offered at the end of the session, time permitting and based on the availability of the instructor. We do not compensate for missed classes. Please remember to bring indoor shoes for fitness programs. No wet boots/shoes in the Gym. No glass or mugs allowed in the Gym. Weather cancellation policy: If the Centre is closed due to weather, a automated phone call and an email will be sent to the full membership. This is a scent free space. Please avoid the use of scented products including perfume etc. 	
ALL GUIDELINES & PROTOCOLS ARE SUBJECT TO CHANGE	