

SYME SUMMER 2026 CLASS REGISTRATION FORM

OFFICE COPY

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
MONDAY	8 Weeks					
Lisa D.	Mixed Media Art	Church Hall	9:30 AM	11:30 AM	\$ 48.00	
Diane B.	Pilates	Gym	9:30 AM	10:30 AM	\$ 24.00	
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	\$ 24.00	
Luba I.	Osteo Keep Fit	Gym	11:50 AM	12:50 PM	\$ 24.00	
Luba I.	Co-Ed Fitness	Gym	1:00 PM	2:00 PM	\$ 24.00	
TUESDAY	10 Weeks					
Halyna I.	Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 30.00	
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	\$ 30.00	
Karen F.	Level 2 Line Dancing	Gym	11:30 AM	12:30 PM	\$ 30.00	
Club	Hand Dance	Gym	12:45 PM	1:15 PM	\$ 15.00	
Karen F.	Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 30.00	
WEDNESDAY	10 Weeks					
Rebel K.	Functional Fitness	Gym	9:45 AM	10:45 AM	\$ 30.00	
Club	Jovias Life - Gentle Flow (9 Weeks)	Church Hall	10:15 AM	11:15 AM	\$ 15.00	
Rebel K.	Functional Fitness	Gym	10:50 AM	11:50 AM	\$ 30.00	
Yushan C.	Pilates	Gym	1:30 PM	2:30 PM	\$ 30.00	
Michael A.	Chair Yoga (Accessible)	Church Hall	1:30 PM	2:30 PM	\$ 30.00	
THURSDAY	10 Weeks					
Halyna I.	Aerobics (8 Weeks)	Gym	9:30 AM	10:30 AM	\$ 24.00	
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.	Chair Yoga	Gym	11:30 AM	12:30 PM	\$ 30.00	
Yushan C.	Cardio & Strength	Gym	12:45 PM	1:45 PM	\$ 30.00	
Games	Canasta	GP Room	1:00 PM	3:00 PM	P.A.Y.P	
Wanda F.	Essentrics Fitness	Gym	2:00 PM	3:00 PM	\$ 30.00	
FRIDAY	10 Weeks					
Michael A.	Beginners Yoga	Gym	9:30 AM	10:30 AM	\$ 30.00	
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	\$ 30.00	
SATURDAY	10 Weeks					
Karen F.	Strengthen & Lengthen	Gym	10:00 AM	11:00 AM	\$ 30.00	
Gina B.	Yogalates	Gym	11:15 AM	12:15 PM	\$ 30.00	

33 Pritchard Ave
Toronto, Ontario
Tel: (416) 766-0388
<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.
Level 1 Line Dancing	Entry level choreographed dance moves to popular upbeat music.
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.
Strengthen & Lengthen	The perfect balance of strength and mobility is what keeps us functional as we age. Standing (with chair support as needed) and on the mats, this no impact class focuses on gently restoring flexibility and range of motion.
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.
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
Hand Dance	Bilateral Brain Gym set to music. Also improves manual dexterity.
Jovias Life - Gentle Flow	Light, low impact games and exercise with slower paces and transitions, move at your own comfort level fitness.
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.
<u>PLEASE READ BEFORE REGISTERING</u>	
1. 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. 2. Members are allowed to change a class within the first <u>two weeks only</u>. Changes requested after the date will be at the discretion of the Program Manager. 3. Please remember to sign in each time you come to the Centre. If you do not have a blue tag, stop by the office. 4. 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. 5. Please remember to bring indoor shoes for fitness programs. <u>No wet boots/shoes in the Gym. No glass or mugs allowed in the Gym.</u> 6. 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. 7. This is a scent free space. Please avoid the use of scented products including perfume etc. ALL GUIDELINES & PROTOCOLS ARE SUBJECT TO CHANGE	