

EXERCISE INTERVENTION PROGRAMS FOR MENTAL HEALTH

Where to go when you're looking for help

Updated: May 2025

Regular exercise can help manage mental health challenges by reducing symptoms of anxiety, depression and stress. Physical activity supports better sleep, boosts mood and improves focus and energy levels. Mental health conditions may stem from a mix of genetic, psychological and social factors, and treatment often includes psychotherapy, medication and psychoeducation. While exercise is not a substitute for treatment, when used alongside them, it can play a valuable role in improving overall health and well-being.

Community/Recreation Centre Programs

Applegrove Community Complex

60 Woodfield Rd., Toronto, ON

www.applegrovecc.ca

Tel.: 416 461-8143

applegrove@applegrovecc.ca

Eligibility: Age 55+

Services: Walking club on Thursdays, 2:00 pm–3:00 pm

Fees: Free

Notes: Registration required

Central Eglinton Community Centre

160 Eglinton Ave. East, Toronto, ON

www.yongeeglingtoncc.com

Tel.: 416 392-0511, ext. 237

olderadults@yongeeglingtoncc.com

Eligibility: Age 50+

Services: Exercise classes such as strength training, tai chi, qigong

Fees: Free

Notes: Registration required

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

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Centre 55

160 Eglinton Ave. East, Toronto, ON

www.centraleglinton.com

Tel.: 416 392-0511

info@yongeeglintoncc.com

Services: Exercise classes include yoga, tai chi, fitness, qigong, strength training; programs run 10–12 weeks

Eligibility: Age 18+

Fees: About \$30

Notes: Registration required; Centre 55 is a member of the Association of Community Centres

City of Brampton: Recreation

www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Fitness.aspx

Tel.: 905 874-2000

Facebook: [CityBrampton](https://www.facebook.com/CityBrampton)

Services: Drop-in programs at community centres across Brampton include cardio, strength training, yoga; gym facilities; aquatic programming

Eligibility: Age 14+

Fees: Free for age 65+; \$422 annual membership for other adults

Notes: Registration required

Community Matters Toronto

260 Wellesley St. East, Unit 102, Toronto, ON

www.communitymatterstoronto.org/healthy-living/exercise

Tel.: 416 944-9697

Services: Programs include yoga, zumba, Bollywood dance, meditation, women's-only aquafit and swimming

Fees: Free

Notes: Registration required

Jimmie Simpson Recreation Centre

870 Queen St. East, Toronto, ON

www.jimmiesimpson.ca

Tel.: 416 392-0751

X: [@jimmiesimpsonrc](https://www.instagram.com/jimmiesimpsonrc)

Services: Programs for all ages, includes swimming, fitness classes, youth and sports programs, after-school and preschool activities

Eligibility: All ages; drop-in for age 13+ only

Fees: Free

John Innes Community Recreation Centre

150 Sherbourne St., Toronto, ON

www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=63&title=John-Innes-Community-Recreation-Centre

Tel.: 416 392-6779

Services: Programs include tai chi, pilates, yoga; access to running track and weight/cardio room

Eligibility: All ages; drop-in for age 13+ only

Fees: Free

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Lifemark Senior Wellness

www.lifemarkseniorwellness.ca/freeexerciseclasses/mississauga

Tel.: 877-696-1620

sw@lifemark.ca

Services: Drop-in group exercise programs including yoga, tai chi, cardio, resistance training

Eligibility: Age 65+

Fees: Free

Notes: Offered at retirement residences and community centres across the GTA

O'Connor Community Centre

1386 Victoria Park Ave., Toronto, ON

www.toronto.ca/data/parks/prd/facilities/complex/2012/index.html

Tel.: 416 395-7957

Services: Drop-in fitness, pilates, yoga, zumba classes; seasonal outdoor swimming

Eligibility: All ages; drop-in for age 13+ only

Fees: Free

Pam McConnell Aquatic Centre

640 Dundas St. East, Toronto, ON

www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=2012

Tel.: 416 369-7378

Services: Drop-in aquatic fitness courses and lane swimming

Fees: About \$20–\$40 for 10-visit lane swim; \$62–\$127 for 10-visit aquatic fitness courses

Note: Drop-in classes available for varying ages

Regent Park Community Centre

402 Shuter St., Toronto, ON

www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=3502&title=Regent-Park-Community-Centre

Tel.: 416 392-5490

Services: Recreational programs include tai chi, pilates, yoga, access to a running track and weight/cardio room

Eligibility: All ages; drop-in for age 13+ only

Fees: Free

Scadding Court Community Centre

707 Dundas St. West, Toronto, ON

www.scaddingcourt.org

Tel.: 416 392-0335

Facebook: [Scadding Court Community Centre](#)

Services: Exercise and fitness center for the community

Eligibility: Age 18+

Fees: \$25 per month or \$275 per year; free indoor pool

Notes: Member of the Association of Community Centres

Secord Community

91 Barrington Ave., East York, ON

www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=325&title=Secord-Community-Centre

Tel.: 416 369-28

Services: Drop-in fitness programs including zumba, cardio, pilates and yoga

Eligibility: All ages; drop-in for age 13+ only

Fees: Free

The 519

519 Church St., Toronto, ON

www.the519.org

Tel.: 416 392-6874

Info@The519.org

Services: Exercise programs include yoga, dance, kung fu

Eligibility: People in the 2SLGBTQ+ community

Fees: Free

Waterfront Neighbourhood Centre

627 Queens Quay West, Toronto, ON

www.waterfrontnc.ca

Tel.: 416 392-1509

Services: Fitness classes include yoga, strength training, pilates, women's self-defence

Eligibility: Age 18+

Fees: 10-visit fitness pass, \$77 for adults; 10-visit fitness pass, \$28 for seniors

Wellesley Community Centre

495 Sherbourne St., Toronto, ON

www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=451

Tel.: 416 392-022

Services: Recreational programs include fitness classes, pilates, yoga, Zumba; access to running track and swimming

Eligibility: All ages; drop-in for age 13+ only

Fees: Free

YMCA of Greater Toronto

www.ymcagta.org

Tel.: 416 928-9622

memberservices@ymcagta.org

Facebook: YMCA of Greater Toronto

Services: Programs include aquatics, spin classes, strength training, pilates, yoga

Fees: Income-adjusted memberships, about \$40–\$61 per month

Notes: Trial memberships can be arranged. Various locations across the GTA

www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Fitness.aspx

Outdoor Recreation Programs

Program dates may change due to seasonal and weather-related factors. For up-to-date information, consult the program website or social media platforms.

Beaches Cycling Club

www.beaches-cycling-club-bcc.myshopify.com/

Instagram: [@beaches.cc](https://www.instagram.com/beaches.cc)

Services: Weekday rides on Tuesday, Wednesday, Thursday mornings; weekend rides on Saturday and Sunday mornings around the Beaches area

Eligibility: Age 18+

Fees: \$125

Notes: Registration and waiver required; basics of riding required; Discord App used for communication

BlackToe Run Club

95 Bathurst St. and 2488 Yonge St., Toronto, ON

www.blacktoerunning.com

Instagram: [@blacktoerunning](https://www.instagram.com/blacktoerunning)

Services: Runs on Fridays at 6:00 pm and Sundays at 8:30 am; coaching for each pace group

Fees: Free

Notes: Bag drop available; routes and updates available on Strava event page

Caledon Cycling Club

www.caledoncyclingclub.wildapricot.org

Facebook: Caledon Cycling Club

X: [@Caledon_Cycling](https://twitter.com/Caledon_Cycling)

Services: Two mountain bike rides on Mondays and Wednesdays at 6:30 pm, one road ride on Sundays at 9:00 am

Fees: Annual adult (age 18+) membership \$40; family bundle \$70

Notes: Registration and waiver required

Dark Horse Flyers Cycling Club

www.darkhorseflyers.ca

hello@darkhorseflyers.ca

Facebook: DarkHorseFlyers

Instagram: [@dhflyerscc](https://www.instagram.com/dhflyerscc)

Services: Rides during the week and on weekends; groups organized by ability

Eligibility: Age 18+

Fees: Free

Notes: Membership closes on September 30 annually; sign up, then ride with the club for the calendar year

High Park Rogue Runner

North High Park Gates (Bloor Street and High Park Avenue)

www.highparkroguerunners.com

Instagram [@roguerunners](https://www.instagram.com/roguerunners)

Services: Workouts on Wednesdays and Fridays at 6:30 pm; long run on Sundays at 8:30 am

Fees: Free

Notes: No pre-registration required for runs; no bag drop available

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Lapdogs Cycling Club

www.lapdogs.ca

Facebook: [LapDogsCyclingClub](#)

info@lapdogs.ca

Services: Morning rides during the week near High Park in Toronto's West End, and rides out of the East End location; rides include road, MTB, Cyclocross, gravel and track

Fees: \$56 for annual memberships, with free annual memberships available

Notes: Registration and waiver required; check calendar for ride details

Lululemon Run Club

318 Queen St. West, Toronto, ON

www.eventbrite.com/e/lululemon-monday-night-qsw-runcrew-tickets-541727751287

Services: Runs take place on Mondays at 5:45 pm

Fees: Free

Notes: Sign up on Eventbrite

ME Versus ME

95 Fort York Blvd., Toronto, ON

Instagram: [@meversusmentality](#)

www.linktr.ee/WATERFRONTMARATHON

Services: Runs take place on Thursdays at 7:15 pm

Fees: Free

Notes: No sign up required

Midnight Runners Toronto

www.linktr.ee/midnightrunnerstoronto

Instagram: [@midnightrunners](#) and [@midnightrunnerstoronto](#)

Services: Runs take place on Tuesdays at 7:00 pm

Fees: Free

Notes: Registration required; no bag drop available

Parkdale Roadrunners

Stay Gold Gym, 124 Brock Ave., Toronto, ON

www.parkdaleroadrunners.com

Instagram: [@parkdaleroadrunners](#)

Services: Two running distances every Tuesday at 7:00 pm

Fees: Free

Notes: No pre-registration required; bag drop available

Queer Bike Club TO

Instagram: [@queerbikeclubto](#)

www.linktr.ee/queerbikeclubto

Services: Cycling for non-binary, trans, women, femme and queer people looking to get more comfortable cycling in the city; various urban bicycle routes offered across Toronto

Eligibility: People in 2SLGBTQIA+ communities

Fees: Free

Notes: Registration required, includes waiver and review of code of conduct

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The 519 – Forefront Runners

519 Church St., Toronto, at Barbara Hall Park
www.the519.org/programs/fronrunners-toronto

Facebook: FronrunnersToronto

Instagram: @Fronrunnerstoronto

Services: Runs take place on Tuesdays and Thursdays at 6:15 pm, and on Saturdays at 9:00 am

Eligibility: People in 2SLGBTQ+ communities

Fees: \$30 for annual membership

Notes: No registration required

Toronto Bicycling Network

3230 Yonge St., Toronto, ON

www.tbn.ca

info@tbn.ca

Services: Rides during the week and on weekends for all levels; affordable trips outside Toronto; various winter activities

Fees: Membership costs: for individuals: \$55 new, \$40 renewal; for families: \$85 new, \$70 renewal; for students: \$30 for new or renewed membership

Notes: 30-day trial membership available; must register for individual events

Toronto Outdoor Club

www.torontooutdoorclub.com/index.asp

Services: Various events across the GTA include hiking, camping, backpacking, mountain biking, paddling, skiing, skating, snowshoeing, birdwatching

Eligibility: Age 18+

Fees: Free

Notes: Member waiver must be printed, completed and brought to first event

Boxing Programs

Bloor Street Fitness and Boxing

2295 Dundas St. West, Toronto, ON

www.bloorStfitness.com/programs

Tel.: 416 535-2699

info@bloorStfitness.com

Facebook: Bloor St Fitness & Boxing

Services: Includes Boxers against Guns and Drugs Everywhere (BADGE), a program for at-risk youth that uses boxing to teach discipline, teamwork, integrity and success, and to foster a safer community

Eligibility: Ages 10–16

Fees: \$79–\$89 per session

Notes: Registration required

MJKO

186 Cowan Ave., basement, Toronto, ON

Tel.: 416 886-7390

www.mjko.ca/main-programs

Facebook/Instagram: @mjko_boxing

Services: Boxing programs in Parkdale include weekday after-school youth boxing program and Saturday morning family boxing class

Fees: Free

Notes: Registration required

Shape Your Life

2295 Dundas St. West, Toronto, ON

www.shapeyourlifeboxing.com/about-us

jgreen@ofacan.com

Facebook: Shape Your Life Boxing

Services: Trauma informed, non-contact boxing program for people who have experienced violence; classes on Sundays at 2:00 pm and 3:30 pm.

Fees: Free

Notes: Registration required

13th Round

27 Primrose Ave., Toronto, ON

www.13thround.life/free-boxing-life-skills-program-for-youth

Tel.: 416 644-1394

Instagram: @13thround.life

Services: 10-week boxing and life-skills training for youth; offered in October, February, April. Applications available several months before. This is not a drop-in program; participants must attend three times per week

Eligibility: Age 13–19

Fees: Free

Notes: Application required; no boxing experiences required; gloves and hand wraps provided

University Programs

Toronto Metropolitan University: Recreation and Active Well-Being

50 Gould St., Toronto, ON

www.torontomu.ca/recreation

Tel.: 416 979-5096

recreation@torontomu.ca

Facebook: TMURecreation

Services: Group fitness classes promote physical and mental well-being for all fitness levels; programs include cardio, strength training, yoga, kickboxing, aquatics; inclusive programming for 2SLGBTQIA+ community

Fees: Free for TMU students; memberships available for community members

Notes: Drop-in classes available; recreation app available

University of Toronto: Sports & Rec

27 King's College Circle, Toronto, ON

www.kpe.utoronto.ca/welcome-sport-rec-u-t

Tel.: 416 978-2011

sportandrec@utoronto.ca

Instagram: @uoftkpe

Services: Group workouts for all skill levels include cardio, HIIT, boxing, strength training, yoga, women's-only programming, aquatics

Fees: Free for UofT students; memberships available for community members

Notes: Drop-in classes available

York University: Campus Recreation

4700 Keele St, North York, ON

www.yorkulions.ca/sports/campus_rec

Tel.: 416 736-5185

taitmck@yorku.ca

Facebook: York Recreation & Tait McKenzie Centre

Services: Group workouts include spin, HIIT, muay thai, strength training, yoga; offered online and in person

Eligibility: Age 17+

Fees: Free for YorkU students; memberships available for community members

Notes: Drop-in classes available; memberships available for one month to one year

Heart, Lung & Metabolic Health Programs

Cardiovascular Prevention and Rehabilitation Program

Toronto Western site: 399 Bathurst St., Toronto, ON / UHN Site: 347 Rumsey Rd., Toronto, ON

www.uhn.ca/TorontoRehab/Clinics/CRSP_Program

Tel.: 416 597-3422 ext. 5200

Services: Lifestyle and behaviour changes to help people improve cardiac health and fitness and reduce risk of future cardiac events; must do home exercise routine four or more times per week and keep weekly progress diary

Eligibility: People with cardiovascular disease

Referral: Physician referral required

Fees: Free

Diabetes, Exercise & Healthy Lifestyle Program

347 Rumsey Rd., East York, Toronto, ON

www.uhn.ca/TorontoRehab/Clinics/Diabetes_Exercise_Healthy_Lifestyle

Tel.: 416 597-3422 ext. 5200

Services: One supervised exercise class per week that includes warm-up and stretching, aerobic exercise (walking, stationary cycling, elliptical machine), resistance training, interactive education session; peer support

Eligibility: People with diabetes or cardiovascular disease

Referral: Physician referral required

Fees: Free

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Lakeridge Health and Central East Local Health Information

www.lakeridgehealth.on.ca/en/ourservices/cardiocrehabilitationprogram.asp

Tel.: 855 448-5471

Services: Weekly exercise classes include strength training, aerobics, health education

Eligibility: People who have had a cardiovascular event, condition or procedure, or are at high risk of a cardiovascular event

Fees: Free

Referral: Physician referral

Notes: Various locations across the GTA

Pulmonary Rehabilitation Clinic

399 Bathurst St., Toronto, ON

www.uhn.ca/Surgery/Clinics/Pulmonary_Rehabilitation

Tel.: 416 603-5890

Services: Support for adults with chronic lung disease to improve their ability to care for themselves; skill development includes smoking cessation, exercise, coping, proper nutrition, strategies for managing fatigue and shortness of breath; weekly sessions for a maximum of three times per week or a total of 36 sessions

Eligibility: People with lung problems

Referral: Physician referral required

Fees: Free

Specialized Care Programs

Mobility Support

GLA:D Canada Program

399 Bathurst St., Krembil Discovery Tower, 4th floor, Toronto, ON

www.gladcanada.ca/how-to-participate-in-glad-canada

X: @GLADCanada

Services: Education and exercise program to help people with hip and knee osteoarthritis manage pain and loss of function; offered at several sites in Toronto, including Altum Health at UHN

Eligibility: People diagnosed with hip or knee osteoarthritis

Fees: Free

Notes: Health assessment and registration required

Healthy Steps

Toronto General Hospital, ELLICSR Gym, 585 University Ave., Toronto, ON

www.ellicsr.ca/en/connect_with_ELLICSR/ellicsr_newsletter/Pages/2018/healthy_steps.aspx

Tel.: 416 581-8620

X: @HealtheSteps

Services: Program uses mobility, strength training with light resistance bands, therapeutic dance-based exercise; held on Wednesdays, 12:00 pm–1:00 pm

Referral: Physician consent required

Fees: Free

Notes: Registration required; pick up program package from Princess Margaret Patient and Family Library or ELLICSR

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Sinai Health – Circle of Care

3600 Bathurst St., North York, ON

www.circleofcare.com/exercise-and-falls-prevention

Tel.: 416 358-4152

mrobinson@circleofcare.com

Facebook: [CircleofCareOnt](#)

Services: Group exercise and falls prevention classes for seniors living in the community; in person and virtual

Eligibility: Age 65+

Fees: Free

Notes: Registration required; various in-person locations

Together in Movement and Exercise (TIME) at Central Neighbourhood House

349 Ontario St., Toronto, and 3701 Danforth Ave., Scarborough

www.uhn.ca/TorontoRehab/TIME/Pages/about.aspx#benefit

Tel.: 416 925-4363 ext. 119

TIME@uhn.ca

Services: Group exercise for people with mobility challenges, including those who use a cane or walker and find it difficult to walk longer distances; suitable for people with age-related mobility decline, neurological conditions or deconditioning after illness or injury. Sessions typically last 6–12 weeks, with twice-weekly one-hour meetings

Eligibility: Must be able to walk at least 10 metres with or without a cane or walker

Referral: No referral needed

Fees: Fees vary by location; in-person sessions range from free to \$280, virtual sessions range from free to \$50

Cancer Programs

Gilda's Club

24 Cecil St., Toronto, ON

www.gildasclubtoronto.org

Tel.: 416 214-9898

Facebook: [GildasClubGreaterToronto](#)

Instagram: [@gildasclubtoronto](#)

Services: Offers patients, their families and friends emotional support and practical resources. Programs include mobility support, yoga, zumba

Eligibility: People affected by cancer

Fees: Free

Notes: No referral required

HEALTH Program

347 Rumsey Rd., East York, ON

www.uhn.ca/TorontoRehab/Clinics/HEALTH

Tel.: 416 597-3422 ext. 5200

Services: Education, exercise and peer support; focused on cardio and resistance training; classes offered every Friday, 9:00 am–11:00 am

Eligibility: Women being treated for and recovering from breast cancer

Referral: Physician referral required

Fees: Free

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Wellspring Cancer Exercise Program

www.wellspring.ca/alberta/program/cancer-exercise-exercise-programs

Tel.: 905 792-6480 (Brampton)

Facebook: CHWellspring

Instagram: @wellspringchinguacousy

Services: In-person and virtual programs for people with cancer, including yoga, tai chi, strength training

Eligibility: People with cancer diagnosis

Referral: Physician referral required

Fees: Free

Notes: Registration required

Virtual Programs

Community Support Connections

www.communitysupportconnections.org/physical-health

Tel.: 519 772-8787

info@cscmow.org

Services: Virtual and in-person physical health programs, including group exercise led by certified senior fitness instructors, falls prevention programs, one-on-one in-home exercise support

Eligibility: People with physical limitations, age 55+

Fees: Free or low cost; varies by program

Note: Registration required

HealtheSteps

www.healthesteps.ca

X: @HealtheSteps

Services: Virtual or in-person six-month healthy lifestyle program that helps people develop plans to increase physical activity, reduce sedentary behaviour, improve eating habits, improve mental well-being

Eligibility: Age 18+

Fees: Free

Note: Registration required; HealtheSteps app available to track progress; program delivered virtually to adults living in Ontario by medical and allied health students at University of British Columbia and Western University in London

MS Canada Spirit Club

www.mscanada.ca/spirit-club

Tel.: 1 844 859-6789

info@mscanada.ca

Facebook: MSCanadaOfficial

Services: Online exercise program offers weekly group workouts that include yoga, zumba, fitness

Eligibility: People diagnosed with multiple sclerosis or family caregivers to someone with multiple sclerosis

Fees: Free

Parkinson Canada and Atlas Yoga Studio

www.atlasstudio.com/yoga-for-people-with-parkinsons-disease

Tel.: 519 240-9642

info@atlasstudio.com

Facebook: Atlas Yoga Studio

Services: 10-week yoga program for people with Parkinson's disease, Lewy bodies disease and other musculoskeletal or dementia conditions and their caregivers; Atlas studio in Cambridge offers online yoga classes and workshops

Eligibility: People diagnosed with Parkinson's disease or their caregivers

Fees: Cost varies; supplementary scholarships available upon request

Notes: Registration required

ParticiPACTION

www.participaction.com

Tel.: 416 913-1511

Facebook: ParticiPACTION

Services: Drop-in aquatic fitness courses and lane swimming for varying ages

Fees: About \$20–\$40 for 10-visit lane swim; about \$62–\$127 for 10-visit aquatic fitness courses