





# Via Bloor™

## *Downtown Toronto's Next Great Neighbourhood.*

Discover all the incredible sights, fashions and flavours surrounding Via Bloor, an area of urbanity and greenery framed by Yorkville, Rosedale, the Danforth and Cabbagetown.



### 4 *Arts & Culture*

A visit to a local museum doesn't have to wait for a rainy day. Take the time to explore these exciting options for inspiring ideas, new and old.



### 8 *The Right Fit*

Staying in shape isn't all protein shakes and pumping iron. Explore these local options and take your training to the next level.

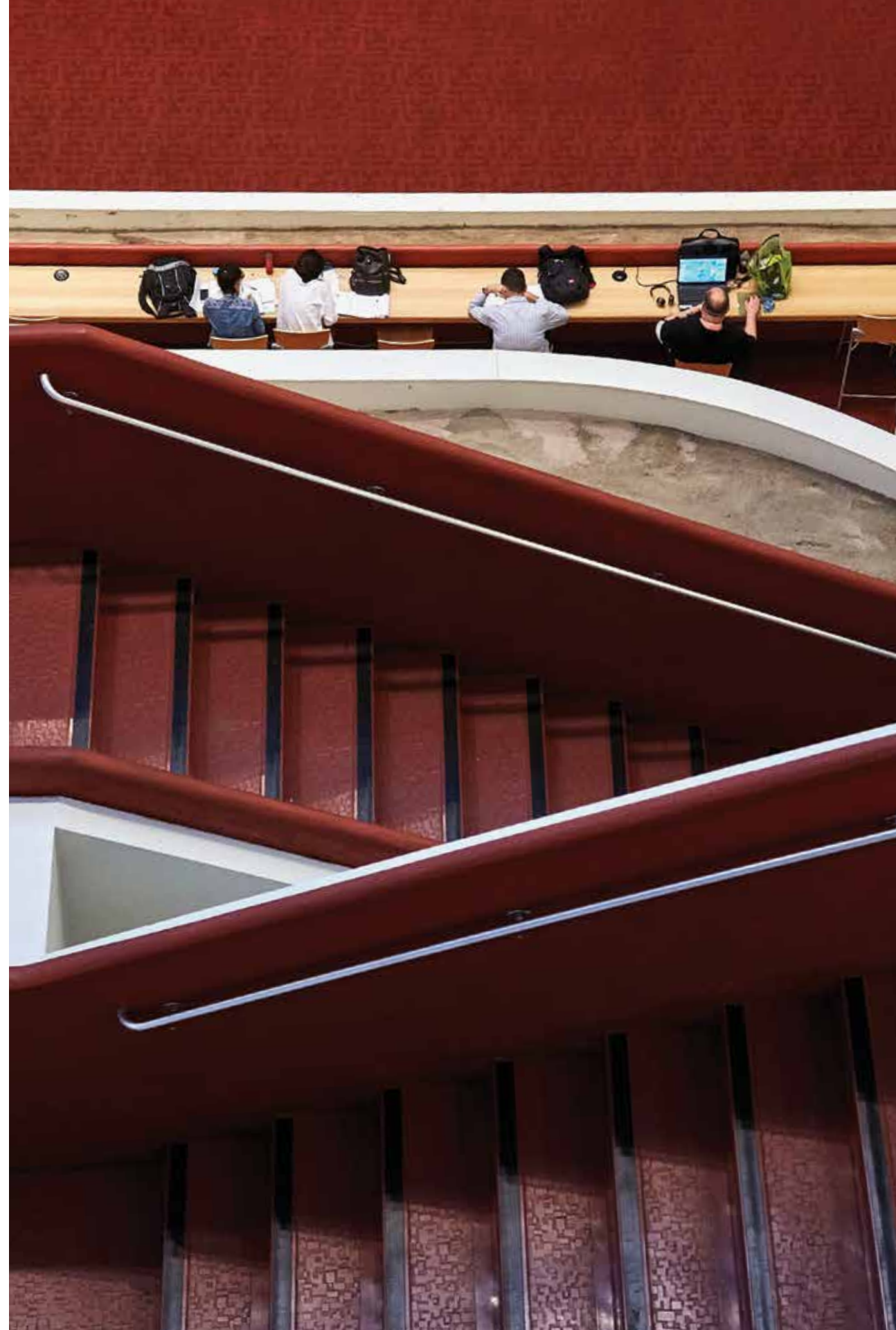


### 10 *Street Style*

The secret's out. The 6ix has style and it's not going anywhere. Here are 8 ways to amp your look while investing in your fashion future.

### 22 *Cabbagetown Cool*

You don't have to go far for global flavours and historic charm; Cabbagetown's eclectic restaurant scene offers up a feast for the eyes.



---

### 30 *Where The Grass Is Greener*

City living is always exciting, but sometimes what you crave most is an escape from the hustle and bustle. Get away from it all using this local guide.

---

### 38 *Take Me To The Church On Time*

Colourful Church and Wellesley Village consistently breaks the mould. See how Church Street is always two steps ahead.

---

### 42 *Neighbourhood Walk*

Via Bloor is surrounded by stores and restaurants you can visit on foot. See why this pedestrian-friendly neighbourhood will keep you on your feet.

---

### 48 *New To The Area*

Parliament and Bloor is about to undergo some big changes. With so many things nearby, you may never want to leave the neighbourhood.

---





# Arts & Culture

*A visit to a local museum doesn't have to be saved for a rainy day. Explosions of colour, style, and influence exist in cultural meccas in the area big and small. Take the time to explore these six options for inspiring ideas new and old.*

### Art Museum, University of Toronto

The Art Museum, University of Toronto is located at University of Toronto's St. George Campus. One of the largest university art museums country-wide, and the second largest visual arts museum in Toronto, see regular exhibits from the permanent collection, and emerging new talent.



### The Royal Ontario Museum (ROM)



Anyone who thinks of natural history museums as stuffy has never been to The ROM. Archaeology, Palaeontology, Zoology, and Geology all get their moment in the spotlight. Fine art, clothing, and product design round out the impressive collection. With extensive programming for all ages, there's a lot to like at The ROM. But if you're looking for motivation in just one word? Dinosaurs.



### Gardiner Museum

Canada's national ceramics museum was founded in 1984 by George and Helen Gardiner to house their personal collection of ceramic art. It boasts over 2,900 pieces, both classic and contemporary, from the Ancient Americas to Asian porcelains. Easily paired with a neighbouring visit to The ROM.

### BATA Shoe Museum

The celebrated deconstructivist exterior of this museum designed by Raymond Moriyama houses over 13,000 pairs of shoes, with 1,000 on permanent display. Highlighting the style and functionality of shoes over 4,500 years - supported by a collection of renowned celebrities - there's bound to be a pair you'll recognize. From everyday walks of life, to your favourite Spice Girl, these shoes stick out!



### Design Exchange (DX)

The Design Exchange is a non-profit design museum located in the old Toronto Stock Exchange building. Since 2012, under the direction of Shauna Levy, the museum has been operating almost exclusively as an exhibition space. Celebrated exhibits have included the works of Graphic Designer Stefan Sagmeister, the French shoe designer Christian Louboutin, and an incredible scope of modern toys chosen by cultural icon Pharrell Williams. Check their programs often for curated works of exemplary design.

### The Textile Museum of Canada (TMC)

The Textile Museum of Canada is a non-profit institution that focuses on the universally understood language of textiles. With over 13,000 artifacts detailing 2,000 years of civilization, the museum focuses on the collection and conservation of the archaeological, innovative and experimental world of textiles.



# Via Bloor™

Downtown Toronto's Next  
Great Neighbourhood

[tridel.com](http://tridel.com)



## BE YOU.

"Every day I wake up feeling different. And my style reflects that. Some days I feel more energized and adventurous, other days I prefer to blend in and tone things down. The thing is, whatever I'm feeling, Bloor Street's vibe seems to fit. It's this awesome area that can be quiet and energetic or eclectic and elegant all at the same time. Unique in its complexity, Bloor sort of reminds me of me. I guess that's why it feels so much like home."

Nicole Fraser

*\_Yorkville*

## BE ON BLOOR.



Via Bloor will present a new retail promenade with widened streets and landscaping that extend the mink mile. Whatever you're shopping for, Via Bloor offers a carefree, curated setting for you to browse, meander, indulge and just be.

**TRIDEL**<sup>®</sup>  
BUILT FOR LIFE



# THE RIGHT FIT

*Staying in shape isn't all protein shakes and pumping iron. It's about feeling good while committing to your fitness. Whether you have incremental goals or ambitions of a six-pack, here are 4 local options to take your training to the next level.*



## Equinox Yorkville

55 Avenue Road

5:30 AM – 11:00 PM  
Monday – Thursday  
5:30 AM – 10:00 PM Friday  
7:00 AM – 7:00 PM Weekends

The refined residential modernist design of this cutting-edge fitness destination takes cues from its surrounding Yorkville vibe. More than just cardio and top-of-the-line equipment, Equinox offers barre classes, ropes, cycling, a spa, and so much more. Plus, enjoy sumptuous Kiehl's cosmetics and full-size fluffy towels in a surprisingly sophisticated locker room as a reward for a job well done.



## GoodLife Fitness

55 Bloor Street West

5:00 AM – 10:00 PM  
Monday – Thursday  
5:00 AM – 9:00 PM Friday  
8:00 AM – 6:00 PM Weekends

Located in the Toronto Manulife Centre, GoodLife Fitness is a great place to burn a few calories any time. A co-ed gym offering aerobics, strength training, cycling and aqua fitness classes, there's also a variety of personal training programs for that extra motivation.



## Moksha Yoga Danforth

372A Danforth Avenue

6:30 AM – 10:30 PM  
depending on the day

Moksha hot yoga delivers deep, safe stretching, and the detoxifying powers of sweat for the muscles, skin, and blood. With classes for all levels, the studio was consciously constructed with green materials to create a calm and healthy environment. Moksha Yoga Danforth also offers therapeutic services including registered massage therapy, hot stone massage, Reiki, and contemporary acupuncture.



## 889 Yoga and Pilates Studio

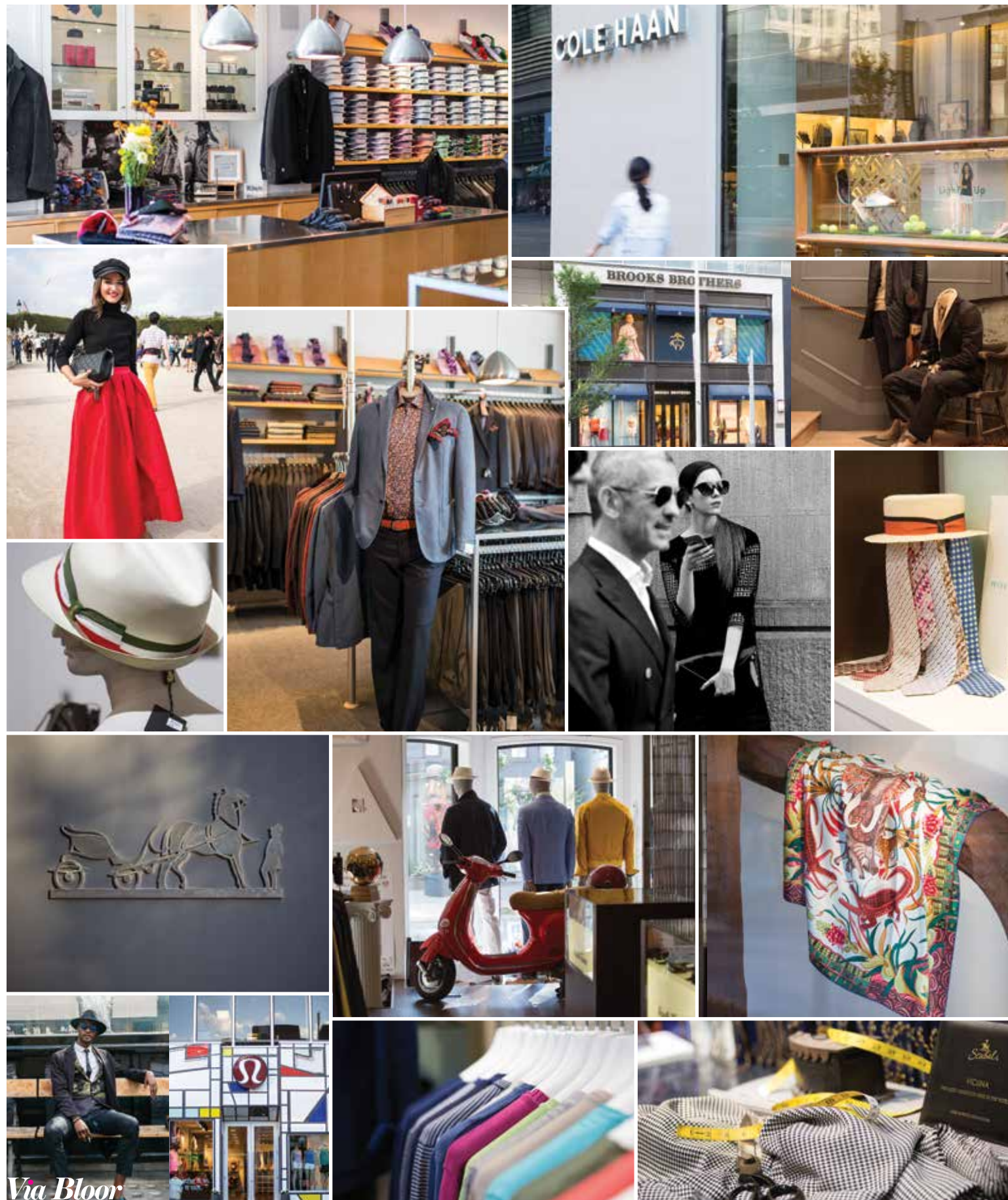
889 Yonge Street

9:00 AM – 8:00 PM Weekdays  
9:00 AM – 5:00 PM Weekends

Co-founded, owned, and operated by sisters and best friends Christine and Emily Russell, 889 Yoga is a local Rosedale yoga studio for both casual and advanced yoga practitioners. Offering classes from a fully reimagined Victorian heritage home, 889 Yoga offers an access point for anyone in need of a yoga fix. Moms will love the prenatal and postnatal programs for a healthy body, and healthy baby.







**Suede**

Softer than traditional leather, suede is having its moment again. Keep it simple with a suede jacket or a Chelsea boot. Try these options from Urban Outfitters on for size.



**White**

White pieces are the blank canvas of the fashion world. Make a white tee a simple statement piece, or dare to be bold with white jeans. Upmarket or on a budget, it's all about fit. For women, we like the Best Girlfriend Jean from The Gap and for men, we're digging the Longline Muscle T-Shirt at ASOS.



**Distressed Denim**

There's no denying the distressed look is back. Blown-out knees and frayed hems are making statements with major style points. Get in on the look at Yorkville's Over The Rainbow. Or rough up a pair of your favourite brand at home.



**Camo**

Stand out by blending in. Use this concept to make a camo piece pop. For pants, jackets, and accessories, go haute with a designer label, or shop army surplus for a more authentic look. Check out Hudson's Bay for local inspiration.



**Floral Print**

Allow your fashion sense some room to grow with a fresh floral print. As an accessory or a tasteful shirt, the key is to not fawn over the fauna. Floral prints are busy; keep the rest simple. The Mini Floral Print Scarf at Zara, and the Flowers Print shirt from Naked & Famous are two standouts.



**Neutrals**

For the layered look, keep it consistent with neutrals. From head to toe, shades of black, white, grey, tan, and navy give you unlimited options. For a designer that satisfies both sexes, local Muttonhead is a must.

**Stripes**

Solid vertical or horizontal stripes are a wardrobe staple. Shirts and tees for women, sweaters and blazers for men, Club Monaco has been doing it right for years.

**STREET STYLE**

*The secret's out. The 6ix has style, and it's not going anywhere. Taking cues from contemporary designers, the key is matching the trendy with the timeless. Here are 8 ways to amp up your look while still making a solid investment in your fashion future.*



**Backpacks**

Backpacks are...well, back. This utilitarian piece can be styled up or down, depending on need. It's a great way to have fun with something functional. You'll be hard pressed to beat the quality backpacks at Herschel Supply Co., with vendors and locations across the city.



# BREAK A LEG





Few things compare to a night at the theatre. The rhythmic motions of the spoken word, moving bodies, and comedic patter can be as soothing as it is shocking. From Bloor and Parliament you're well within reach of some of the greatest the city has to offer on-stage. Try one of these local production companies for inspired performances that will satisfy your thirst for creativity.



**Canadian Contemporary Dance Theatre**

Founded in 1980, the Canadian Contemporary Dance Theatre shares a home with the Toronto Dance Theatre. Focused on providing gifted young performers with professional experience, the CCDT performs locally and abroad. Classes are available for aspiring dancers from ballet to hip-hop.

*509 Parliament Street*

**Toronto Dance Theatre**

Formed in 1968, the Toronto Dance Theatre operates under the internationally recognized direction of choreographer Christopher House. Their visually stunning original productions are performed at the company's Winchester Street Theatre in Cabbagetown, and yearly at Toronto's Harbourfront Centre.

*80 Winchester Street*



**Hart House Theatre**

Opening in November of 1919, this Art Deco theatre on the University of Toronto campus quickly became a leader in the Canadian "little theatre" movement of the 1920s and 1930s. Today, Hart House Theatre is a focal point of performing arts for the University of Toronto, creating innovative programming the whole community can enjoy.

*7 Hart House Circle*



**The Social Capital**

The Social Capital is a performing arts bar on the Danforth. Hosting performances and workshops for a variety of comedic performances, The Social Capital is also home to poetry performances and writers' circles. The space is also available for private rental by the hour, day or event duration. Perfect if you're ever inspired to mount your own production!

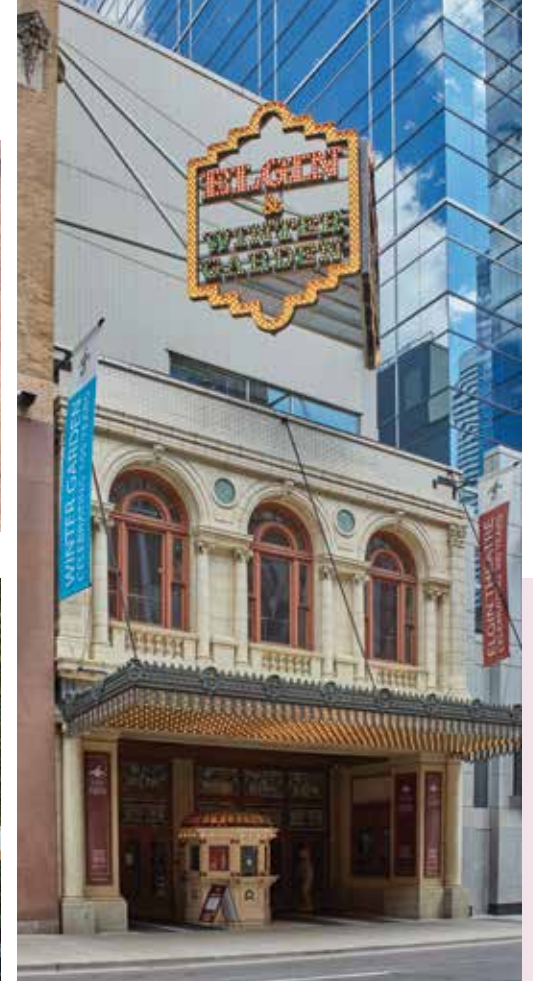
*154 Danforth Avenue*



**Elgin and Winter Garden Theatres**

With two separately stacked theatres, the Elgin and Winter Garden Theatres form the world's last operating double-decker theatre. International entertainment regularly takes residence, from musicals to concerts, operas, and films. The Elgin and Winter Garden Theatres are also on a national historic site, operating weekly tours showcasing its unique architecture, and the world's largest collection of vaudeville scenery.

*189 Yonge Street*



**Buddies in Bad Times Theatre**

The Buddies in Bad Times Theatre breaks boundaries by cultivating strong ideas designed to question cultural norms. The world's largest and most successful queer-positive theatre, Buddies in Bad Times is a provocative alternative to the traditional narratives of everyday life.

*12 Alexander Street*





BE YOU.

"I work a lot. Like everyone else, I guess. But I need to have balance. Every Thursday I come down to Yorkville and just walk around. Window shop, have an Americano at Zaza's, people-watch. It's my little escape. My refuge from the routine. It's only a few hours a week but it helps to remind me why I work so hard to live in this city. I've been here for over fifteen years now, but these same streets are still an adventure."

Taylor Schieman

## Via Bloor

Downtown Toronto's Next  
Great Neighbourhood

[tridel.com](http://tridel.com)

BE ON BLOOR.



Incredible hotel-like amenities await you at Via Bloor. Step inside and transform in our fitness centre. Indulge in a spin class before detoxing in ambient sauna heat. Cool off with a dip in the terrace pool. Whatever your day looks like, the allure of Via Bloor is designed for you to just be.





## HIDDEN GEMS

*Small spaces, big impact. Blink and you might miss them. To the untrained eye they might seem unexceptional. But upon closer inspection, a world of incredible flavour, distinguished technique, and amazing value is revealed. Each one of these local favourites is serving up something special, and we're giving you the inside scoop!*



### JET FUEL COFFEE

An indie espresso joint with lots of swagger to go with their rock n' roll vibe, complete with shiny chrome signage and exposed brick accents. Known for their strong brew and house-baked pastries, the team at Jet Fuel coffee even has their very own cycling team.

519 Parliament Street  
jetfuelcoffee.com



### CAFÉ FIORENTINA

Cooked with care, the ever-changing creative and seasonally inspired menu uses local produce, humanely raised animals, sustainable seafood, heritage chicken and duck eggs. Settle into this intimate boîte with their prix-fixe meal Thursday to Saturday (\$38 for 3 courses, \$20 for wine pairings), but don't skip their baked goods and homemade preserves available any day of the week.

463 Danforth Avenue  
cafe-fiorentina.com



### UNDER THE TABLE

Starting as a Jamaican jerk joint, the menu at Under the Table expanded through suggestions and recommendations from local diners. This below ground-level restaurant is home cooking done right. From homemade hot sauce, fall-off-the-bone oxtail plates, and off-menu funnel cake, it's a cozy spot with comfort food you'll love.

568 Parliament Street  
underthetablerestaurant.ca



### ATHENS PASTRIES

Before its expansion, this was the first location for Athens Pastries in 1978. The restaurant serves authentic Greek "street food" made from scratch with recipes handed down through generations. Come for an after-dinner dessert or snack. Spanakopita and loukoumades (\$3.50 a dozen) are customer-endorsed staples. Open until 11 pm Sunday to Thursday, and midnight Friday and Saturday.

509 Danforth Avenue  
athenspastries.com



### TASSO BAKING COMPANY

Tasso Baking Company is the neighbourhood bakery you have to try... if you can get there fast enough! Open 8 am to "sold out", this micro-bakery makes exceptional treats, particularly their croissants. Pair it with a coffee made from locally roasted beans, and don't be alarmed if you're momentarily transported from Cabbagetown to a Parisian café.

540 Parliament Street  
tassobaking.com



# Small town. Big city.

*A walk through Cabbagetown with Stephen-Thomas Maciejowski, Executive Director of the Cabbagetown BIA.*



every year. The music's really become a focus in recent years. And the food: be prepared to go the gym on Monday, because the weekend's festivities will leave you full!"

With Toronto among the fastest-growing cities in North America, Cabbagetown is increasingly under pressure to maintain that fine balance between embracing progress and staying true to its roots.

"The influx of new and interesting shops has made the area very up and coming," says Stephen. "Kanpai and The House on Parliament are two examples, with new design stores like Spruce coming here as well. The cool factor is definitely back.

"We always want to be growing and getting better," continues Stephen. "We want the area to always have the same essence, stay true to the neighbourhood, but I think it will become more polished. We've recently become more of a tourist destination, and we embrace that, but above all we want to stay true to the neighbourhood."

There's something different about Toronto's Cabbagetown. From the quaint mom and pop shops that line Parliament Street to the picturesque side-street vistas of stunning Victorian-era homes, it's a neighbourhood that really has that small-town vibe. Yet here it is, in the middle of downtown Toronto, with busy city sounds continuously circulating through the air and the ever-present sight of the CN Tower hovering nearby.

Executive Director of the Cabbagetown BIA, Stephen-Thomas Maciejowski, discovered the neighbourhood's distinct charm over a decade ago and has called it home ever since. "I didn't realize there was anything like a Cabbagetown in the city. It was picturesque," he says, remembering the first time he strolled through the area while attending Ryerson University in 2003.

"People often say Toronto is a city of neighbourhoods; I prefer to say it's a city of cities," he continues. "Cabbagetown is kind of like a city unto itself. Or a small town in the heart of the city. Walk any major street in Toronto and you get that big city feeling. By contrast, Cabbagetown gives you that small town feeling with its local shops, bakeries and restaurants lining the street. It's one of the most culturally diverse neighbourhoods in the city, with all the different cultures and their cuisines represented."

While Cabbagetown might feel small-town at heart, it still has the pulse of a big city running through its veins. "Cabbagetown delivers on a strong work/life balance," says Stephen. "There's a lot of pride in being so multi-cultural."

"We have a lot of fun with our Cabbagetown Festival. We open it every year by sacrificing a cabbage. The event takes place on the second weekend every September, and draws between 50,000 to 100,000 visitors



## ***True Cabbage Strong And Free.***

"Not many people know this, but Cabbagetown has its own flag. Countries have flags, provinces have flags, some cities have flags. We have our own, too. Picture a Canadian flag, except green and a cabbage replacing the maple leaf. That's a real symbol of pride. You see it in peoples' shops and gardens."

*Stephen-Thomas Maciejowski  
Executive Director, Cabbagetown BIA*



# Cabbagetown Cool

Take a dash of historic neighbourhood charm, add global flavours, simmer, then bring to a boil. That's the recipe for Cabbagetown's eclectic restaurant scene, heating things up with no signs of cooling down. With so many options to choose from, here's a tasty sample of neighbourhood restaurants you need to try.



## PETER'S CAJUN CREOLE PIZZA

Italian by way of Louisiana, Peter's Cajun Creole Pizza is what you get when you mix your clams and crawfish with manicotti. Brace yourself for the big flavours of the bayou, but save room for the dry-rubbed wings – their not-so-secret specialty.

415 Parliament Street  
peterscajunpizza.ca



## SUKHOTHAI

Where now-celebrated Toronto chef Nuit Regular started it all, the small menu at Sukhothai makes a big impact. Flavourful and authentic, these dishes from the master of Northern Thai cuisine consistently impress. Take a break from your usual Pad Thai diet with stellar renditions of Khao Soi or Gaeng Phed.

274 Parliament Street  
sukhothaifood.ca/parliament



## KANPAI

Kanpai - Japanese for "bottoms up" - offers homage to Taiwanese street food and hip hop classics, with its innovative tapas-style menu. Taiwanese food is a fusion of Japanese and Chinese culinary styles, so there are tastes you'll be sure to recognize. But the main attraction is their transcendent take on fried chicken.

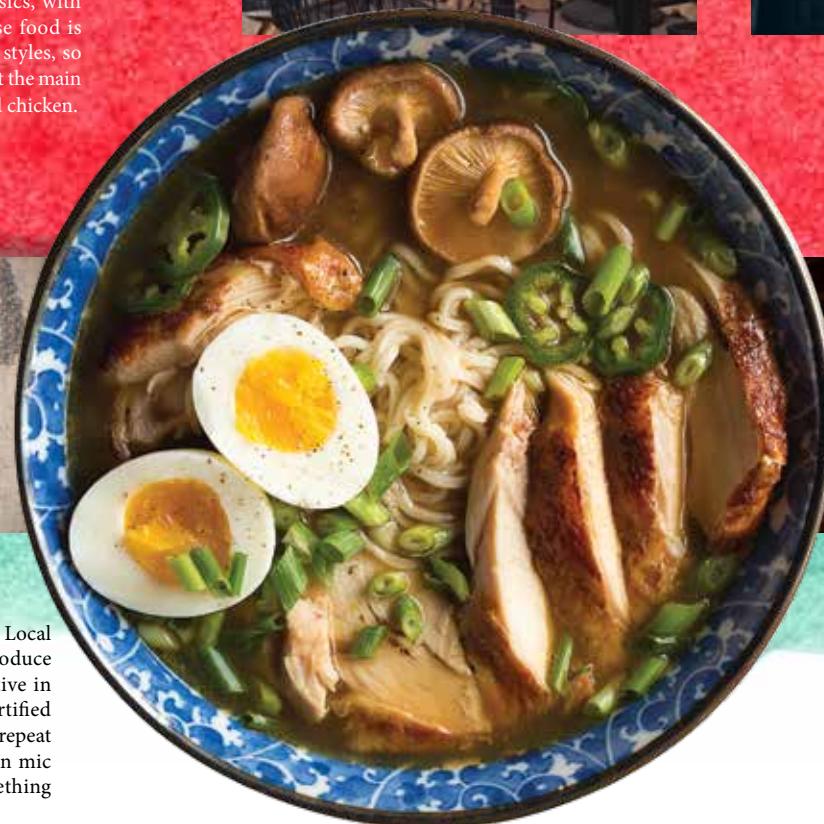
252 Carlton Street  
kanpaisnackbar.com



## THE LOCAL GEST

The classic "Canadian" comfort food at The Local Gest is anything but. Sourcing all their produce from their farm at the Elm Grove Collective in Sutton, Ontario, each meal starts from certified organic seeds and grows on you with every repeat visit. With local music, art on display, open mic and trivia nights, this local truly has something for everyone.

424 Parliament Street  
thelocalgest.com



## F'AMELIA

Authentic Northern Italian food with ample portions, F'Amelia makes the familiar exceptional. With its dining room in a converted neighbourhood home, F'Amelia amps up the home-cooked appeal. Using locally sourced produce for its signature dishes, it's a meal the whole family can feel good about.

12 Amelia Street  
famelia.com



## MERRYBERRY

This quirky café is chock-full of character. Quaint and charming, their short carte is nevertheless inspired. The hot chocolate is a highlight, a testament to the warmth in the room. It's a date-night destination you'd never expect.

559 Parliament Street  
merryberry.ca



## JOHNNY G'S CAFÉ

A classic greasy spoon style diner, Johnny G's stakes a claim to Toronto's best home-made burger. With over 30 years in the neighbourhood, head over for brunch, and try and nab one of the coveted window seats – the perfect spot for weekend people-watching.

478 Parliament Street



## KINGYO IZAKAYA

Taking residence in the old Winchester Hotel, this Izakaya-style restaurant flirts with sensory overload, but does it in style. Kingyo is Japanese for goldfish, so expect plenty of lustrous thematic cues. That goes double when your meal arrives. The refined, artfully presented plates are a feast for the eyes, and flicker across the tongue.

51B Winchester Street  
kingyotoronto.ca



## HOUSE ON PARLIAMENT

A house just isn't a home if the food's not on par. Luckily, this local favourite delivers on British classics, redefining the standard pub grub. Laid-back but full of life, settle in with a sampling from their wide selection of Scotches and you'll soon be among friends.

454 Parliament Street  
houseonparliament.com



# TO- ROV- TO ROCK CITY

With no shortage of famed concert venues in Toronto, your fix for live music is never far off. Here are five local venues that will strike a chord, whether you're crossing a legend off your bucket list, or looking for the next big thing.





**KOERNER HALL**

With its classic “shoebox” layout, floating ceiling canopy, and integrated acoustic reflector, Koerner Hall projects sound like few other venues. Booking classical, jazz, world music artists and more, Koerner Hall’s 1,135 seats offer intimate encounters with industry innovators.

273 Bloor Street West  
performance.rcmusic.ca/venues/koerner-hall

**THE DANFORTH MUSIC HALL**

From its origins as Allen’s Danforth movie theatre in 1919, The Danforth Music Hall has emerged from its former life like an auditory phoenix. Remodelled and renamed in 2011 as a 1,500 person capacity standing auditorium, The Danforth Music Hall is the best place to catch emerging artists from the rap, rock, and indie scenes.

147 Danforth Avenue  
thedanforth.com



**SONY CENTRE FOR THE PERFORMING ARTS**

Canada’s largest “soft-seat” theatre is a modern performing arts venue with distinctive four-storey forms. Hosting concerts, dance performances and lectures, there’s not a bad seat among the 3,000+ in-house. A comfortable space for renowned headliners, the Sony Centre rivals the most established in the city when it comes to bookings.

1 Front Street East  
sonycentre.ca

**MASSEY HALL**

If rock and roll is the devil’s music, consider Massey Hall the patron saint of sacrilege. Built in 1884 for Toronto’s secular set, Massey Hall is now regarded as the stuff of rock legends, hosting notable concerts from Bob Dylan, The Band, and Neil Young, along with global icons from Bill Clinton to the Dalai Lama.

178 Victoria Street  
masseyhall.com



**PHOENIX CONCERT THEATRE**

Unassuming from the building’s exterior, The Phoenix Concert Theatre swells to 18,000 sq. ft inside, with three main rooms and one of the city’s largest dance floors. However, most revelers descend on the Phoenix Concert Theatre for its 20-year history of booking the best alternative acts including Green Day, Death Cab for Cutie and the original bad boys of rock and roll: The Rolling Stones.

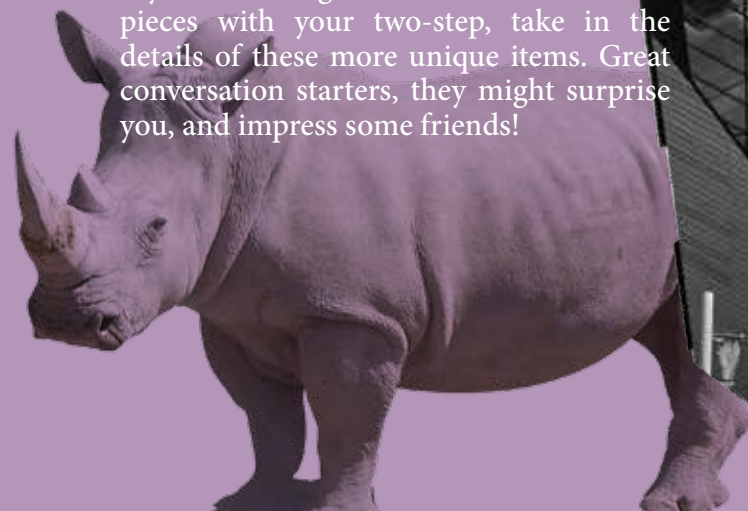
410 Sherbourne Street  
thephoenixconcerttheatre.com





# NIGHT AT THE MUSEUM

For a night out in good company, or an intimate romantic evening, Friday Night Live at The ROM is one of the most popular cultural happenings in the city. Drinks, DJs and dinosaur bones, it's a winning combination that regularly sells out. But if you're looking to mix in some treasured pieces with your two-step, take in the details of these more unique items. Great conversation starters, they might surprise you, and impress some friends!



## THE NEW DINOSAUR

Recently discovered in the Alberta Badlands, this new dinosaur, the *Wendiceratops pinhornensis*, is from the same family as the Triceratops, and hails from the Late Cretaceous period 79 million years ago. 7 metres long, 1.5 metres tall and weighing in at about 2,000 kilos, it was only introduced as a new dinosaur species 5 years ago.

Located in the David Lee Chin Crystal.

## THE TAGISH LAKE METEORITE

This meteorite is a carbonaceous chondrite, extremely rare as it contains carbons and complex chemical compounds such as sugars. However, the Tagish Lake meteorite could be deserving of a class all its own. Unique, hollow organic globules point to the fact that somewhere in space, over the past 4.5 billion years, liquid water existed someplace else other than on Earth.

Located in the gallery of earth and space.

## THE LIGHT OF THE DESERT

"The Light of the Desert" is a 900-carat faceted cerussite gem. Breathtaking to behold, it is the largest of its kind in the world. Cerussite is celebrated for its dispersion – or fire – the amount of light a gem prisms into colours. The raw cerussite was found in Namibia, cut in Arizona, and due to its extremely fragile nature, hand-transported to Toronto inside a box wrapped with a down vest and scarf.

Located in the gallery of gems and gold.

## THE BOOK OF THE DEAD

The original "self-help" book, the Egyptian book of the dead guided the deceased to the afterlife using a sequence of magic spells to thwart perils along the way. Dating from 320 BCE, this six metre long papyrus scroll is one of the few, and finest preserved Books of the Dead. Keep an eye out, because papyrus can be damaged by even the dimmest light, so this scroll is brought out for display on special occasions.

Located in the gallery of ancient cultures.

## THE WHITE RHINO

The largest rhino species, and the second largest land mammal on Earth, in 1895 the white rhinoceros population was nearly extinct, with only 50 in the wild. Today, serious conservation efforts have brought them back from the brink of extinction, though they are under constant threat due to poaching. This specimen was a donation from the Toronto Zoo, a resident there until its passing in 2008.

Located in the gallery of biodiversity.

## UP AND COMING AT THE ROM

OPENS MARCH 11, 2017

### THE BLUE WHALE

While the stranding of two blue whales off the shores of Newfoundland was a tragedy, The ROM also saw a scientific opportunity. 30 metres long, and up to 170 tons, the blue whale is the largest living animal, and the heaviest ever known. An endangered species, The ROM will be displaying a preserved and intact blue whale heart, and the full skeleton of the largest of the two whales.





# Where The Grass Is Greener

City living is always exciting, but sometimes what you crave most is an escape from the hustle and bustle. Know where to look in Toronto's east end, and you'll find a treasure trove of parks and trails, whether you are a weekend warrior seeking a challenging run, looking for a competitive game of soccer or a relaxing stroll with your four-legged companion, get away from it all using this local guide.





### Riverdale Park

Divided by the Don River and connected by a footbridge, Riverdale Park spans about 100 acres between Cabbagetown and Broadview Avenue. During the 70s there were talks of building a massive stadium, which today is known as the Rogers Centre, but those plans were scrapped. Instead, recreational sports enthusiasts can enjoy multiple baseball diamonds, multipurpose sports fields, tennis courts and a running track. Trail runners will also love the Lower Don Trails, located in the middle of the park. Now the site of one of the largest urban environmental restoration projects in the world, this paved trail is a runner's magnet.



### Evergreen Brick Works

More than just a park, Evergreen Brick Works is a community environmental centre that prides itself on promoting sustainable living. Spend Saturday morning selecting locally grown fruit and veggies at the Farmers' Market or dedicate an afternoon to fine-tuning your bike at the DIY repair space. Feeling really adventurous? The 40-acre area surrounding the Brick Works has a multitude of green space, ponds and nature trails that are waiting to be discovered.



### Don Valley Mountain Biking Trails

Wear the treads out of your tires on single and double track climbs and descents, from Thornhill Park to the North, and Evergreen Brick Works to the South. Look out for some special features built into the trails if you want to up the difficulty of your ride.



### Allan Gardens Off-leash Dog Park

Puppy paradise exists near the intersection of Carlton and Sherbourne streets. Allan Gardens consists of a 3,000 square foot fenced-in space, which makes for the perfect stick throwing venue, and there are separate play places for big and small dogs. The additional granite chip and turf features will keep canine paws cushioned and comfy.



### Mud Creek Lost Rivers Loop

This trail system takes its name from the three buried waterways beneath its path. Trail conditions may vary, as hard surface areas give way to gravel and dirt. Divided into seven reaches, this trail can be easily adapted to your interests and needs.

### Craigleigh Gardens

Grand ornamental gates mark the entrance of Craigleigh Gardens, located near Castle Frank Road and Bloor Street. A central feature of this vast, majestic park is the opening in the middle of its northern side that provides access to the Milkman Lane, a popular trail for local joggers that connects you to the heart of the Don Valley.



### Crothers Woods

If you're a tree-hugger, a walk in Crothers Woods will take your appreciation for nature to the next level. Stocked with maple, beech and oak trees, this area is celebrated for its diversity of century-old rare forest species. See if you can spot a bitternut hickory, black walnut or endangered butternut. You'll also want to bring your binoculars, as these woods have been known to attract a large variety of bird species.





# Via Bloor™

Downtown Toronto's Next  
Great Neighbourhood

tridel.com

BE YOU.

Bloor in One Word: "Sexy. Definitely sexy, everything about it. The stores, the people, the product, the restaurants, the cars, the hangouts, the lounges. It's just a sexy place. If that's not a proper word, cosmopolitan. Very cosmopolitan."

Silvio Ruffolo

\_Holt Renfrew

TRIDEL®  
BUILT FOR LIFE

BE ON BLOOR.



Four blocks of master-planned magnificence make Via Bloor a city within a city. Stroll along the new retail promenade with widened streets and landscaping that extend the mink mile with new parks, sitting areas and places to just be.





Bloor W

DAVIDS DAVIDS

Good Fitness

News

Spezio

box

PZ Co

Bloor West and Bay Street



# Take Me To The Church On Time

*One of the most colourful neighbourhoods in the area, the Church and Wellesley Village features neighbourhood standards and new arrivals that consistently break the mould. Culturally diverse, inclusive and innovative, see how Church Street is always two steps ahead.*



## FUEL+

Gluten free, dairy free, vegetarian, vegan, organic - FUEL+ takes care of them all under one roof. There's a plethora of healthy options available for green junkies of all kinds. From snacks, cold pressed juices, butter coffee, and the seasonally rotating "fuel balls", you'll leave fully charged after a visit to FUEL+.

471 Church Street  
fuelplus.ca



## HAIR OF THE DOG

Considered by many – locals and visitors alike – to be one of the best patios in the city, you'd be hard-pressed to beat brunch at Hair of the Dog on a sunny summer day. In fact, the only thing that might is their dinner fare! Settle in among lush greenery and a charming rose garden to enjoy a delicious crab cake benedict or local craft beer.

425 Church Street  
hairofdogpub.com



## FABARNAK

Located on the ground floor of the 519 community centre, Fabarnak is a café and catering service that provides job opportunities for individuals with employment barriers. Whether they're transgendered youth undergoing a gender transition, new Canadians, or people in recovery, the staff work with professional chefs to deliver healthy food with a heart.

519 Church Street  
the519.org/about/fabarnak-restaurant



## KINKA IZAKAYA

The original, Kinka introduced Toronto to the Izakaya concept back in 2009, delivering on traditional and modern specialties made for sharing. But the real draw is its bustling atmosphere and authenticity. With staff breaking into jubilant shouts of "Irasshaimase!" (welcome in Japanese) whenever patrons enter, their sake and tatakai will have you tempted to join them in no time.

398 Church Street  
kinkaizakaya.com



## O.NOIR

O.noir is a "dine in the dark" restaurant. Curious? O.noir is designed to offer a parallel experience to eating blind. The dining room is pitch black, with no lights – phone or otherwise – allowed. Served by blind waitstaff, it's a dining experience that delivers a unique perspective.

620 Church Street  
noirtoronto.com



## LOLA'S KITCHEN

A menu made fresh from scratch daily, Lola's Kitchen offers a variety of vegetarian, vegan, and gluten-free entrées. The perfect place for carnivores to coexist with dietary restrictive dining companions, the presentation of each meal is as attractive as it is healthy. Your body, and appetite, will thank you.

634 Church Street  
lolaskitchen.ca



## CREWS AND TANGOS

For a quintessential taste of Village nightlife, head to this gay and lesbian drag bar set up in an old, two-storey Victorian house. The perfect place to dance your heart out also happens to be stacked with two dance floors that feature spinning DJs, live performances and karaoke.

508 Church Street  
crewsandtangos.com



## NORTH OF BROOKLYN

Sop up the suds with a late-night slice at North of Brooklyn. This pizza counter is consistently reviewed as one of the best pies in the city. Simple yet effective, with 6 styles of slices to choose from on a thin crust, their Church Street location is open every night until 2 a.m for take-out or delivery.

469 Church Street  
northofbrooklyn.com





# SUPER CONNECTED

Taking a trip? Whether you're hanging out in the city, or headed beyond its limits, Bloor and Parliament is an easy place to start your next journey. Use this handy guide to start planning your route.

3 minute walk to Castle Frank Station.

3 or 5 minute walk to one of two nearby entrances to Sherbourne Station.

18 minute walk to Greek Town.

3 minute drive to the Don Valley Parkway northbound on-ramp.

4 minute drive to the Don Valley Parkway southbound on-ramp.

18 minute drive to the Gardiner Expressway.

20 minute drive to Highway 401.

3 minute subway ride to Yonge and Bloor (1 stop).

Adjacent to the 65, 94, and 365 northbound and southbound bus stops on Parliament, plus the 300 east and westbound bus stops on Bloor.

5 minute bus ride or 10 minute walk to the 306 and 506 streetcar.

8 minute bus ride or 17 minute walk to the 505 streetcar.

10 minute bus ride or 22 minute walk to the 501 streetcar.

Hail a cab or send for an Uber and get a direct ride to your destination.



# Neighbourhood Walk

Via Bloor is more than a great place to live. It's an ideal place to dine and shop as well. Studded with a diverse collection of stores and restaurants, most errands can be run by foot. The neighbourhood is privileged with a walk score of 89, a transit score of 98 and a bike score of 100, meaning you won't have any trouble getting around the block, or the city.

## TTC

**Sherbourne Station**  
3 or 5-minute walk

**Castle Frank Station**  
3-minute walk

**Bike Share Toronto Stations**  
Bloor Street and Ted Rogers Way  
10-minute walk

**Wellesley and Sherbourne**  
10-minute walk

## ZIPCARS

**Sherbourne and Selby**  
7-minute walk

**Bloor and Huntley**  
8-minute walk

## FOOD

**Sfizio Pizzeria & Winebar**  
401 Bloor Street East  
5-minute walk

**Eggsmart**  
601 Sherbourne Street  
6-minute walk

**Gabby's**  
556 Sherbourne Street  
8-minute walk

**Druxy's Famous Deli**  
345 Bloor Street East  
7-minute walk

**The Keg Mansion**  
515 Jarvis Street  
15-minute walk

**Nijo Sushi Japanese Restaurant**  
345 Bloor Street East  
7-minute walk

**Pie Squared**  
366 Bloor Street East  
6-minute walk

**Timothy's World Coffee**  
425 Bloor Street East  
5-minute walk

**Starbucks**  
620 Jarvis Street  
10-minute walk

**Tim Hortons**  
419 Bloor Street East  
5-minute walk

## GROCERY

**No Frills**  
345 Bloor Street East  
6-minute walk

**The Market by Longo's**  
100 Bloor Street East  
15-minute walk

## BEAUTY & PHARMACY

**Shoppers Drug Mart**  
565 Sherbourne Street  
8-minute walk

**Bloor Sherbourne Pharmacy**  
608 Sherbourne Street  
5-minute walk

**Rosedale Pharmacy**  
600 Sherbourne Street  
6-minute walk

## SCHOOLS

**Rose Avenue Jr Public School**  
675 Ontario Street  
4-minute walk

**Rosedale Heights School of the Arts**  
711 Bloor Street East  
9-minute walk

**triOS College**  
425 Bloor Street East  
5-minute walk

## BANKS

**TD Canada Trust**  
420 Bloor Street East  
5-minute walk

**CIBC ATM**  
365 Bloor Street East  
6-minute walk



**Rose Avenue Jr Public School**  
675 Ontario Street  
4-minute walk



**The Keg Mansion**  
515 Jarvis Street  
15-minute walk



**The Market by Longo's**  
100 Bloor Street East  
15-minute walk



**TD Canada Trust**  
420 Bloor Street East  
5-minute walk



**Bloor Sherbourne Pharmacy**  
608 Sherbourne Street  
5-minute walk



**Timothy's World Coffee**  
425 Bloor Street East  
5-minute walk



**Gabby's**  
556 Sherbourne Street  
8-minute walk





# TRIDEL® BUILT FOR LIFE

## ENVIRONMENTAL INNOVATIONS



**SUBHI ALSAYED**

MBA, P.Eng., LEED AP, CEM  
Innovation Manager at Tridel

**Subhi Alsayed** on Tridel's green initiatives and the importance of reducing buildings' environmental impact.

**Hi Subhi. Can you tell me a bit about how you are involved with environmental innovations?**

My background in building design and construction started shortly after graduating as a mechanical engineer. I've been passionate about the risks of environmental issues and the role buildings can play in that all of my professional career. Since then, I've worked with green buildings in different capacities for over 18 years. I joined Tridel over 5 years ago because they are Toronto's leader in setting industry trends for environmental development.

**As you mentioned, Tridel is known for their green buildings and innovative initiatives. Why is being 'green' so important to Tridel?**

Because Tridel builds communities and not just buildings. By making our communities environmentally friendly, we reduce the impact on the environment, we create healthier homes

and deliver communities that benefit our customers financially as well.

For us to maintain a leadership position in the industry, we must continue to raise the bar and set an example for others to follow. Tridel always takes steps to lead the industry in the right direction.

**With global warming on the rise, how does Tridel reduce their ecological footprint?**

Our strategy in achieving this is to design and build our buildings to consume lower levels of energy. We also implement measures to empower the home owners and occupants to reduce their own footprint as well. For example, we started by offering Car Share programs in our communities. Now, we deliver Electric Vehicle ready communities with a number of charging stations and with capabilities to extend this offering when EVs become more ubiquitous.

**What should homebuyers look out for when seeking a new environmentally friendly home?**

Most environmental and energy efficient systems and features are behind the walls, so it's important to ask the right questions and look beyond what can be seen at first glance. Some of the visible installations and features include LED lighting, an easy-to-use programmable thermostat, motion sensors and dual flush toilets. Or just look for the Tridel logo which is like an emblem for environmental building.





*Bloor East and Church Street*



# New To The Area

Parliament and Bloor is about to undergo some big changes. This extension of Yorkville will offer new retail stores, restaurants and communal spaces, and add fresh sights, sounds and flavours to the area.

Everything you need will be just steps away from Via Bloor. Conquer your hunger in a flash at your new favourite restaurant, or get those last-minute ingredients from the grocery store and create your own culinary work-of-art. Then head outside for a relaxing afternoon in the shade at the expansive community park, or find that perfect outfit at one of the many new neighbourhood retail stores.





# HIT THE BRICKS

For urbanites looking for something out of the ordinary, The Evergreen Brick Works offers something for everyone. Promoting sustainability and solutions to environmental issues, Evergreen owns and operates the old Brick Works, transforming it into an integrated natural and industrial space for local retailers, community programs, and events. Follow this how-to guide for the best way to embrace the space.

## *Know Your Stuff*

The Don Valley Brick Works was opened in 1889 by William Taylor as a brick and clay manufacturing site. The factory formally closed in 1984, leaving behind a group of 16 heritage buildings in varying states of deterioration, and an on-site quarry. From 1990 onwards, the main factory drew the attention of local photographers, urban explorers and late-night revelers, until Evergreen took over stewardship and planning for the site in 2002. Now open year-round, Evergreen Brick Works exists as an example of synergistic power. Integrating the past and present through green initiatives, it was named one of the top 10 destinations for ecotourism by National Geographic in 2010.

## *Hours of Operation*

The Evergreen Brick Works is open from Monday to Friday 9 am - 5 pm, Saturday 8 am - 5 pm, Sunday & Holidays 10 am - 5 pm. However, we recommend going on the weekend to take advantage of the weekend Farmers' Market.

## *Plan Your Route*

The Evergreen Brick Works is accessible by shuttle, public transit, bike, foot, or car. The free Shuttle Bus departs from Broadview station every 30-45 minutes starting at 7:15 am Monday to Friday, 7:30 am Saturday, and 9:30 am Sunday. The final shuttle leaves Broadview at 6:45 pm, and departs from Evergreen Brick Works for Broadview at 7:00 pm. The shuttle is wheelchair accessible, but pets are not permitted. Taking public transit, the 28 Bayview Bus South will get you there. This route is also wheelchair accessible, and pets are permitted with a leash or carrier.

Check the website for the best routes by bike based on your location. You can access Evergreen Brick Works through a variety of roads and trails. Walking, Castle Frank station or the walking path from Chorley Park are your best points of access. Paid parking is available on-site.

## *Accessibility Options*

Plenty of seating and rest areas are provided throughout the site. Accessible features include an elevator, washrooms, and braille signage. Bumps, tracks, and stones on the trails might provide some minor impediments, but most visitors are able to explore without issue.

## *A World of Wander*

Begin your trip at the Young Welcome Centre/Centre For Green Cities. Here you'll find information on current programs, what's scheduled on the day of your visit, and maps of the area. Fuel up with a coffee or snack from Café Belong, organic and sustainably sourced for eat-in or take-out. You can enjoy it in The Tiffany Commons, a public resting space featuring a Watershed Wall with trail maps. For bike aficionados, the Bike Works and Sweet Pete's Bike Shop are go-tos. This DIY repair space, and shop for tune-ups and cycling products will keep you upright. Casual bikers can rent, or join a tour of the Don Valley through the spring and fall.

Kids will love the many activities available at The Children's Garden in Chimney Court. Offering them the opportunity to connect with nature, the area features a wood-fired oven and greenhouses. The whole family can take in one of the many exhibitions held in The Kilns.

Take a walk or short stroll through Koerner Gardens, home to an ice rink in the winter. Or go for a longer walk or hike through the Weston Family Quarry Gardens & Don Valley Brick Works Park. A former clay and shale quarry for a hundred years, this 40-acre area is now a thriving green space featuring trails, and the occasional snapping turtle!

Before heading home, be sure to eat and stock up on sustainable, local, and organic produce at the Farmers' Market. Centrally located in The Pavilion, vendors, food trucks, farmers and more coalesce to provide visitors with their wares. Running year-round, seasonal eating offers the best opportunity to eat ecologically and economically. With so many options to taste and try, you can't go wrong.







*Bloor East and Parliament Street*



# Plant A Succulent Frame

Add green to your home's interior or exterior without taking up any floor space. Planting a vertical succulent garden makes showing off your green thumb easier than you think.

## What You'll Need:

Picture frame, glass and back panel removed.  
Length of 1 x 3 inch softwood for shadow box to frame dimensions  
1/2 inch hardware wire cloth/mesh cut to frame dimensions  
1/4 inch plywood or masonite board cut to frame dimensions  
All-purpose potting soil  
Succulent cuttings / Staple gun / Staples  
Hammer / Nails / Scissors or pruning shears  
Pencil / Paint (optional)

# Clay Pot Vertical Garden

Turn garden variety clay pots into a garden, with variety you enjoy. A vertical garden for more privacy on your patio, and fresh herbs for your next meal.

## What You'll Need:

7-9 Clay pots of various sizes.  
7-9 test plugs (check your local hardware store). One 3 inch test plug per pot 8 inches or smaller. One 4 inch test plug for per pot for each 10 inch or larger.  
Two washers and two nuts for each test plug. (One to be affixed inside the pot, one outside. Wing nuts can be used in this project.)  
3 1/2 inch threaded rods height-adjusted for plant growth  
3 x 1/2 inch sleeve anchors  
3 Eye-nuts / 3 S-hooks / Tray for catching water runoff  
Drill with 1/2 inch drill bit  
Floral plants, herbs or succulents / Potting soil

### Step 1

Pick a picture frame of any size. You can use an old frame in disuse, find one at your local thrift shop, or buy new. Using a frame will cut your assembly time in half, but you can build your own if you wish.

### Step 2

If you wish to paint or otherwise decorate your frame, do that first, and return to the project once it has dried.

### Step 3

Measure the total inches of your frame and get a length of softwood 1x3 inches that corresponds to the total inches. There will be two lengths each of equal measure. You can get these cut upon purchase at your hardware store. This will be your shadowbox.

### Step 4

Assemble the shadowbox using a hammer and nails.

### Step 5

Turn the frame face down and nail the shadowbox into place on the back of the frame.

### Step 6

Insert the 1/2 inch hardware mesh into the frame's opening and staple it into place using a staple gun. Using a 1/2 inch mesh is important as it is small enough to hold the soil in place, but large enough to fit in the succulent stems.

### Step 7

Lay the backing onto the shadow box and nail it into place.

### Step 8

Flip the frame over. Pour soil into the frame. Massage it in with your hands and shake it often to keep the soil even. Fill to the top of the wire grid.

### Step 9

Take cuttings from a variety of purchased or garden-planted succulent plants using scissors or pruning shears. The more diversity you have, the more dynamic the final result. Leave 1-2 inches of stem on each cutting. Let the cuttings dry for 1-2 days before planting, or plan ahead.

### Step 10

Poke holes in the soil with a pencil or similar tool, and plant your succulent cuttings. Allow it to rest on top of the wire grid.

### Step 11

After you've planted all your cuttings, keep the frame flat and out of direct light for a week or two. Do not water. Introduce it to full sunlight gradually. This will allow the succulents to take root.

### Step 12

After the waiting period, your succulent frame will be ready. Hang it from a wall, or lean it on a table or shelf.

### Step 1

Lay out all your materials on the floor; this will be a great way to visualize the orientation of your planters, and the order in which they will be installed. Group the corresponding rods, plugs, washers, nuts, and hooks together.

### Step 2

Disassemble the test plugs. The top of each will go inside the planter. The bottom will be outside. Usually used to pressure test plumbing, these test plugs will be used to drain the pots.

### Step 3

First, slide a nut, then washer up the threaded rod. Once in the desired position, slide your first pot into place, with the top of the test plug inside.

### Step 4

Slide the bottom of the test plug up, and fasten all pieces together tightly with the second corresponding washer and nut.

### Step 5

Repeat the process for the next 2/3 pots you have set out for that individual rod.

### Step 6

Once each rod is completed, lay them down on flat ground, and attach the eye nuts to the top.

### Step 7

With a drill and 1/2 inch bit, drill one pilot hole into the top of your patio's ceiling per rod. Wear protective eyewear. Plan to have your planters at least 1 foot inside your patio's railing in order to avoid a hazard or disturbance to your neighbouring residents. Adaptation: use three wall mounted plant hangers on your patio's side walls. This will lessen the privacy effect from the street, but makes for a slightly easier installation.

### Step 8

Install the 3 sleeve anchors in the pilot holes.

### Step 9

Attach the sleeve anchors and rods using the 3 S-Hooks.

### Step 10

Fill your planters with the necessary amount of soil.

### Step 11

Add in your plants.

### Step 12

Place a tray or plate on the ground directly underneath your planters if you've planted them near your patio's edge.



# TECH IT OUT

When living a busy modern lifestyle, it can be easy to forget about the little things, like your keys. Or setting the right temperature in your home. Or checking the weather before you step outside. The Smart Suite system at Via Bloor takes care of all that for you.

## SECURITY

The Smart Suite alarm system connects to your smart phone and the concierge station, so you can feel safe 24/7. Plus, surveillance cameras are monitored by the concierge and you can view the live footage on your very own Smart Suite wall pad and mobile app.

## EASE

The parking garage at Via Bloor features an automated license plate recognition system to manage access and security into the garage, so you never have to worry about remembering your key or fob. In addition, the community has integrated electronic lockers that allow for easy management of package delivery.

## CONNECTION

A Distributed Antenna System (DAS) will be deployed in the community to improve cellular coverage in Via Bloor's amenity spaces and suites.

## CONVENIENCE

Your Smart Suite wall pad is integrated with your smart phone, allowing you to use either for inter-community video communication, energy management and more. Even your door lock can be controlled by your smart phone, or conventional key or fob if you prefer.





# Via Bloor LEEDS THE WAY

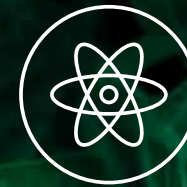
We are proud to announce that Via Bloor is pursuing LEED Gold® (Leadership in Energy and Environmental Design) status. From landscaping to water efficiency, energy savings to building materials – we thought of everything to make this happen, so you can enjoy living green guilt-free.

Here are a few of the reasons Via Bloor will be considered among the most environmentally friendly buildings in the world:



## WATER

Via Bloor features low flow plumbing fixtures that reduce potable water consumption by over 50%. Plus, storm water cisterns capture rain for the building's plants, which are all either drought tolerant or native plantings.



## ENERGY

Suites feature Energy Star appliances and ERVs (energy recovery ventilators) to help you save up to 60% on energy, while improving indoor air quality.



## MATERIALS

A portion of our construction materials contain recycled content or have been locally sourced, and all of our paints and adhesives are low VOC. Plus, we aim to recycle at least 75% of our construction waste.



## ELECTRIC VEHICLE ACCOMMODATIONS

Building residents will have access to electric vehicle charging stations, because we know you care about the environment as much as we do.



# WORK THAT WORKS FOR YOU

Studies show the shorter your commute to work, the greater your life satisfaction. Luckily, Via Bloor is walking distance from multiple places of potential work in fields from retail and finance to media and communications. Take your pick and let your job work for you.

*The National Post*  
365 Bloor Street East  
3<sup>rd</sup> Floor

*Metro News*  
625 Church Street  
6<sup>th</sup> Floor

*Unilever Canada  
Business Centre*  
160 Bloor Street East  
#1400

*Rogers Digital Media*  
1 Mt Pleasant Road

*Canadian Grocer*  
1 Mt Pleasant Road  
7<sup>th</sup> Floor

*Maclean's Magazine*  
1 Mt Pleasant Road  
11<sup>th</sup> Floor

*Next Issue Canada*  
333 Bloor Street East

*Manulife*  
250 Bloor Street East  
8<sup>th</sup> Floor

*ACTRA Toronto*  
625 Church Street #200

*Leo Burnett*  
175 Bloor Street East  
North Tower

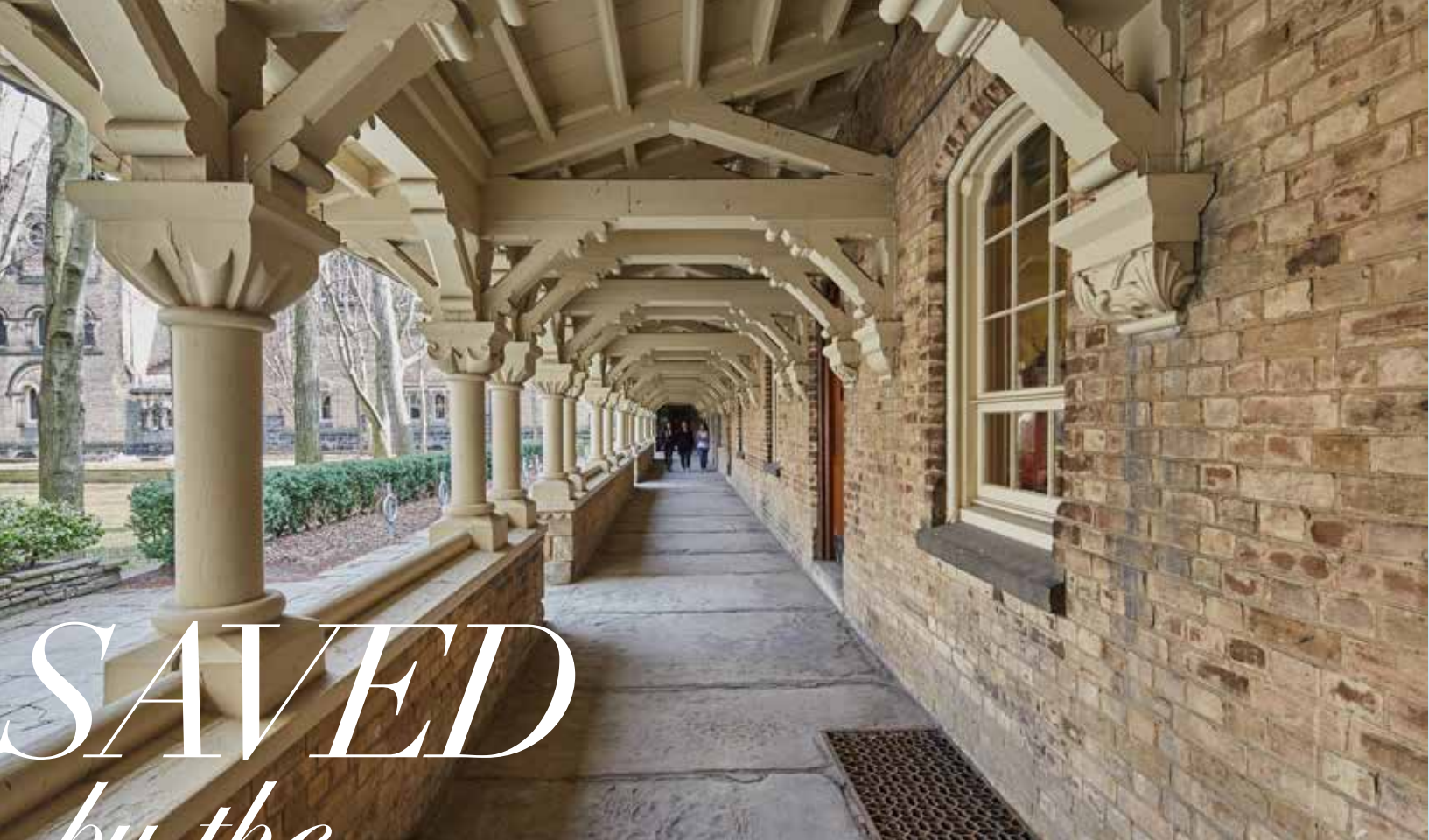
*Corus*  
121 Bloor Street East  
#1500

*TD Canada Trust*  
420 Bloor Street East

*Kiss 92.5 Radio*  
1 Ted Rogers Way

*The Hudson's Bay Centre*  
2 Bloor Street East





# SAVED by the BELL



Via Bloor



WHETHER IT'S YOUR  
FIRST DAY OF SCHOOL,  
FRESHMAN YEAR, OR  
FROSH WEEK, YOUR PATH  
TO HIGHER LEARNING  
STARTS HERE.

**PRIMARY AND  
SECONDARY SCHOOLS**

**PUBLIC**

Jesse Ketchum Junior and Senior  
Public School  
61 Davenport Road

Jarvis Collegiate Institute  
495 Jarvis Street

Le Collège Français  
100 Carlton Street

Nelson Mandela Park Public School  
440 Shuter Street

Sprucecourt Public School  
70 Spruce Street

Winchester Junior and Senior Public  
School  
15 Prospect Street

Rosedale Heights School of the Arts  
711 Bloor Street East

City Adult Learning Centre  
1 Danforth Avenue

Withrow Avenue Junior Public School  
25 Bain Avenue

Eastdale Collegiate Institute  
701 Gerrard Street East

Rose Avenue Junior Public School  
675 Ontario Street

**PRIVATE**

Montcrest School  
4 Montcrest Boulevard

École Napoléon  
55 Danforth Avenue

Cabbagetown Co-op Nursery School  
2 Lancaster Avenue

**UNIVERSITIES AND  
COLLEGES**

University of Toronto  
*St. George Campus*  
27 King's College Circle

Ryerson University  
350 Victoria Street

OCAD University  
100 McCaul Street

George Brown College  
*St. James Campus*  
200 King Street East  
*Casa Loma Campus*  
160 Kendal Avenue





# Waa

WORKOUT EXPERIENCE.

## CONDO CONDITIONING

*Time doesn't dictate the intensity of your workout. Resistance, rest, and repetition all play a factor in making 5 minutes as impactful as a full hour. At home, or in your fitness room, you'll feel the burn with this sequence of 5 moves in 5 minutes, all using your own body weight. If 5 minutes is all you have, then 5 minutes is all you need.*

# Blaaa™

### 01

#### MOUNTAIN CLIMBER

Start with mountain climbers to get your heart rate going. From plank position, drive your knee forward along your chest to your elbows while holding your line. Return to plank position and alternate legs. Do this movement in quick bursts, keeping your wrists, elbows, and shoulders straight and aligned.

**TAKE IT EASY** Keep your knees lightly touching the floor while in plank position.

**TOUGHEN IT UP** After bringing your knee forward, stretch it back behind you before bringing it back to plank position.

**MUSCLE GROUPS WORKED** Core, forearms, triceps, glutes.

### 02

#### BURPEE

Begin with a pushup. Bring your knees forward to your elbow, and explode up with a jump. Land lightly so your muscles absorb the impact instead of your joints. The burpee is a complex total-body fat burning exercise.

**TAKE IT EASY** Start the pushup from a more elevated position using a chair, stool, or workout bench.

**TOUGHEN IT UP** Use pushup variations, like the diamond, or clap pushup.

**MUSCLE GROUPS WORKED** Upper and lower body, cardio.

### 03

#### PLANK WALK

Start prone, in the plank position. Elbows bent, forearms on the floor. Put one hand on the floor, then the other, and extend into the top of a pushup position. Hold for a beat, then reverse the movement back to the floor. On the next rep, alternate the first arm up.

**TAKE IT EASY** Do this exercise from your knees.

**TOUGHEN IT UP** Elevate your feet using a chair, stool, or workout bench. Or stick one leg out in the air, alternating with each rep.

**MUSCLE GROUPS WORKED** Forearms, triceps, deltoids, core.

### 04

#### LYING HIP RAISES/BRIDGE

Lie on your back with your feet and hands flat on the floor. Lift your hips up while squeezing your glutes. Hold for a beat, then lower your hips back to the floor and repeat.

**MUSCLE GROUPS WORKED** Glutes, hamstrings, back, inner thighs, core.

### 05

#### OVERHEAD LUNGE

Raise your outstretched arms over your head. Think a touchdown signal or goal celebration. Step forward with one foot, extending your back leg. Return to your starting position and switch legs.

**TAKE IT EASY** Keep your arms by your side.

**TOUGHEN IT UP** Hold weights above your head, do a stepback lunge, or use a raised platform to start from a deficit.

**MUSCLE GROUPS WORKED** Short lunges target your quads, long lunges target your glutes, core.

## TIPS

#### ONE

The longer your muscles are under tension, the more they'll respond. Hold each position for greater results.

#### TWO

You'll elevate your heart rate the faster you move. More intense cardio means more calories burnt.

#### THREE

Working out causes slight tears in your muscles. When your body repairs them, your muscles grow. Increase the impact of every exercise by working until muscle failure.



