

ETOBICOKE EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adeline's Lodge 379 Lake Promenade Etobicoke, ON M8W 1C1 For more information, call: 1-877-696-1620</p>	<p>1:00pm - 2:00pm Exercise - Seated Tai Chi</p>		<p>3:00pm - 4:00pm Exercise - Seated yoga</p>		
<p>Centennial Park 25 Centennial Park Rd. Etobicoke, ON M9C 5H1 For more information,</p>	<p>1:00pm - 2:00pm Exercise - Movement matters</p>			<p>9:00am - 10:00am Exercise - Movement matters</p>	
	<p>2:00pm Exercise - Seated yoga</p>			<p>10:00am - 11:00am Exercise - Seated yoga</p>	

call: [1-877-696-1620](tel:1-877-696-1620)

3:00pm - 4:00pm
Falls prevention

11:00am - 12:00pm
Falls prevention

Delmanor Prince
Edward
4180 Dundas Street
West
Etobicoke, ON
M8X 1X8
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Seated Tai
Chi

1:00pm - 2:00pm
Falls prevention

10:00am - 11:00am
Exercise - Movement
matters

2:00pm - 3:00pm
Exercise - Movement
matters

11:00am - 12:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Seated Tai
Chi

Elim Springs
3838 Bloor St W.
Etobicoke, ON
L9B 1L1
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

3:00pm - 4:00pm
Exercise - Movement
matters

1:00pm - 2:00pm
Exercise - Seated
yoga

Fairfield Residence
10 Fairfield Ave.
Etobicoke, ON
M8V 2H9
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

2:00pm - 3:00pm
Exercise - Movement
matters

9:00am - 10:00am
Exercise - Movement
matters

Franklin Horner
Community Center
432 Horner Ave.
Etobicoke, ON
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Seated
yoga

9:00am - 10:00am
Exercise - Seated
yoga

1:00pm - 2:00pm
Exercise - Movement
matters

1:00pm - 2:00pm
Exercise - Movement
matters

10:00am - 11:00am
Exercise - Pump it up

10:00am - 11:00am
Exercise - Pump it up

2:00pm - 3:00pm
Exercise - Movement
matters

2:00pm - 3:00pm
Exercise - Movement
matters

11:00am - 12:00pm
Falls prevention

11:00am - 12:00pm
Falls prevention

Jubilee Centre
256 Sheldon
Etobicoke, ON
M8W 4L9
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

10:00am - 11:00am
Exercise - Movement
matters

10:00am - 11:00am
Exercise - Movement
matters

11:00am - 12:00pm
Falls prevention

11:00am - 12:00pm
Falls prevention

