

GEORGETOWN EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Extendicare - Halton Hills 9 Lindsay Crt Georgetown, ON L7G 6G9 For more information, call: 1-877-696-1620		1:00pm - 2:00pm Exercise - Movement matters		1:00pm - 2:00pm Exercise - Movement matters	
		2:00pm - 3:00pm Falls prevention		2:00pm - 3:00pm Falls prevention	
		3:00pm - 4:00pm Exercise - Movement matters		3:00pm - 4:00pm Exercise - Movement matters	
Hillsvie Active Living Center 318 Guelph Street				1:00pm - 2:00pm Falls prevention	9:00am - 10:00am Falls prevention
				2:00pm - 3:00pm Osteoporosis	10:00am - 11:00am Osteoporosis

Unit 9
Georgetown, ON
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

3:00pm - 4:00pm
Exercise - Seated
yoga

11:00am - 12:00pm
Exercise - Movement
matters

Living Hope Alliance
Church (formerly
Georgetown Alliance)
290 Main Street South
Georgetown, ON
L7G 4T1
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

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

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

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

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

Sands Condo
20 McFarlane Dr.
Georgetown, ON
L7G 5J8
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

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

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

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

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

