

MILTON EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Birkdale Place 611 Farmstead Dr Milton, ON L9T 4M3 For more information, call: 1-877-696-1620		9:00am - 10:00am Exercise - Movement matters		9:00am - 10:00am Exercise - Movement matters	
		10:00am - 11:00am Falls prevention		10:00am - 11:00am Falls prevention	
		11:00am - 12:00pm Exercise - Seated Tai Chi		11:00am - 12:00pm Exercise - Seated Tai Chi	
Halton Region - Friends Landing 185 Ontario Street South		11:00am - 12:00pm Simply stretch			11:00am - 12:00pm Exercise - Movement matters

Milton, ON
L9T 2M4
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

Halton Region - Milton
Place

185 Ontario Street South
Milton, ON
L9T 2M4
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 - Pump it up

Martindale Gardens

45 Martin St.
Milton, ON
L9T 2R1
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm
Exercise - Pump it up

1:00pm - 2:00pm
Osteoporosis

1:00pm - 2:00pm
Exercise - Pump it up

1:00pm - 2:00pm
Osteoporosis

2:00pm - 3:00pm
Falls prevention

2:00pm - 3:00pm
Osteoporosis -
Secondary

2:00pm - 3:00pm
Falls prevention

2:00pm - 3:00pm
Osteoporosis -
Secondary

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

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

Seasons Milton

760 Bronte St S

Milton, ON

L9T 8X4

For more information,

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

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

2:00pm - 3:00pm
Exercise - Seated Tai
Chi

3:00pm - 4:00pm
Falls prevention

1:15pm - 2:15pm
Exercise - Pump it up

2:15pm - 3:15pm
Exercise - Seated
dance

3:15pm - 4:15pm
Falls prevention
