

### ACTON EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ebenezer United Church</b> 12274 Guelph Line Campbellville, Ontario LOP 1B0 For more information, call: <a href="tel:1-877-696-1620">1-877-696-1620</a>	9:00 AM - 10:00 AM Exercise - Seated dance		9:00 AM - 10:00 AM Exercise - Pump it up		
	10:00 AM - 11:00 AM Falls prevention		10:00 AM - 11:00 AM Falls prevention		
	11:00 AM - 12:00 PM Exercise - Seated yoga		11:00 AM - 12:00 PM Exercise - Seated dance		

☆ Accepting Community Participants

**Hillsview  
Active Living  
Centre Acton**

415 Queen St.  
Acton, Ontario  
L7J 2L8

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

☆ **Accepting  
Community  
Participants**

1:00 PM - 2:00  
PM  
Falls prevention

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

3:00 PM - 4:00  
PM  
Osteoporosis

1:00 PM - 2:00  
PM  
Falls prevention

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

3:00 PM - 4:00  
PM  
Osteoporosis