

ACTON EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Ebenezer United Church 12274 Guelph Line Campbellville, Ontario LOP 1B0 For more information, call: 1-877-696-1620	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