

## GEORGETOWN EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Amica Georgetown</b> 224 Maple Ave Georgetown, Ontario L7G 1X2 For more information, call: <a href="tel:1-877-696-1620">1-877-696- 1620</a></p> <p>☆ Accepting Community Participants</p>	<p>9:15 AM - 10:15 AM Exercise - Movement matters</p> <p>11:15 AM - 12:15 PM Falls prevention</p>		<p>9:15 AM - 10:15 AM Exercise - Movement matters</p> <p>11:15 AM - 12:15 PM Falls prevention</p>		

**Hillsview  
Active Living  
Center  
Georgetown**

318 Guelph  
Street Unit 9  
Georgetown,  
Ontario  
L7G 4B5  
For more  
information,  
call: [1-877-696-  
1620](tel:1-877-696-1620)

☆ **Accepting  
Community  
Participants**

12:30 PM - 1:30  
PM  
Falls prevention

9:00 AM - 10:00  
AM  
Falls prevention

1:30 PM - 2:30  
PM  
Osteoporosis

10:00 AM -  
11:00 AM  
Osteoporosis

2:30 PM - 3:30  
PM  
Exercise -  
Movement  
matters

11:00 AM -  
12:00 PM  
Exercise -  
Movement  
matters

**Sands Condo**

20 McFarlane  
Dr.  
Georgetown,  
Ontario  
L7G 5J8

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☆ Accepting  
Community  
Participants

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

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

2:00 PM - 3:00  
PM  
Falls prevention

10:00 AM -  
11:00 AM  
Falls prevention

3:00 PM - 4:00  
PM  
Exercise - Pump  
it up

11:00 AM -  
12:00 PM  
Exercise -  
Seated yoga