

## GEORGETOWN EXERCISE SCHEDULE

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

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

☆ 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