

GEORGETOWN EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Amica Georgetown 224 Maple Ave Georgetown, Ontario L7G 1X2 For more information, call: 1-877-696-1620</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

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