

MILTON EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Birkdale Place 611 Farmstead Dr Milton, Ontario L9T 4M3 For more information, call: 1-877-696-1620		9:00 AM - 10:00 AM Osteoporosis			9:00 AM - 10:00 AM Osteoporosis
		10:00 AM - 11:00 AM Falls prevention			10:00 AM - 11:00 AM Falls prevention
		11:00 AM - 12:00 PM Exercise - Seated Tai Chi			11:00 AM - 12:00 PM Exercise - Pump it up

☆ Accepting Community Participants

Martindale Gardens

45 Martin St.
Milton, Ontario
L9T 2R1

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

☆ **Accepting
Community
Participants**

1:00 PM - 2:00
PM
Exercise -
Seated yoga

2:00 PM - 3:00
PM
Exercise -
Seated dance

3:00 PM - 4:00
PM
Falls prevention

1:00 PM - 2:00
PM
Exercise -
Seated yoga

2:00 PM - 3:00
PM
Exercise - Pump
it up

3:00 PM - 4:00
PM
Falls prevention

Seasons Milton

760 Bronte St S
Milton, Ontario
L9T 8X4

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

☆ **Accepting
Community**

Participants

1:00 PM - 2:00
PM
Exercise - Pump
it up

1:00 PM - 2:00
PM
Exercise - Pump
it up

2:00 PM - 3:00
PM
Falls prevention

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Movement
matters

3:00 PM - 4:00
PM
Exercise -
Movement
matters