

## MILTON EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Birkdale Place</b> 611 Farmstead Dr Milton, Ontario L9T 4M3 For more information, call: <a href="tel:1-877-696-1620">1-877-696-1620</a>		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,  
call: [1-877-696-  
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