

ETOBICOKE EXERCISE SCHEDULE

| Clinic | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---------|---|----------|--------|
| <p>Adeline's Lodge 379 Lake Promenade Etobicoke, Ontario M8W 1B9 For more information, call: 1-877-696-1620</p> <p>☆ Accepting Community Participants</p> | <p>1:00 PM - 2:00 PM Falls prevention</p> | | <p>3:00 PM - 4:00 PM Falls prevention</p> | | |

Centennial Park Place

25 Centennial
Park Rd.
Etobicoke,
Ontario
M9C 5H1
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

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

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

10:00 AM -
11:00 AM
Exercise -
Seated yoga

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

11:00 AM -
12:00 PM
Falls prevention

3:00 PM - 4:00
PM
Falls prevention

Delmanor Prince Edward

4180 Dundas
Street West
Etobicoke,
Ontario
M8X 1X8

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
Falls prevention

3:00 PM - 4:00 PM
Exercise - Seated dance

1:00 PM - 2:00 PM
Simply stretch

2:00 PM - 3:00 PM
Falls prevention

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

Fairfield Residence

10 Fairfield Ave.
Etobicoke,
Ontario

M8V 2H9

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

☆ **Accepting Community Participants**

2:00 PM - 3:00 PM
Exercise - Movement matters

3:00 PM - 4:00 PM
Falls prevention

8:45 AM - 9:45 AM
Falls prevention

**Franklin
Horner
Community
Center**

432 Horner Ave.
Etobicoke,
Ontario
M8W 2B2

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

☆ **Accepting
Community
Participants**

9:00 AM - 10:00
AM
Exercise -
Seated yoga

10:00 AM -
11:00 AM
Exercise - Pump
it up

11:00 AM -
12:00 PM
Falls prevention

9:00 AM - 10:00
AM
Exercise -
Seated yoga

10:00 AM -
11:00 AM
Exercise - Pump
it up

11:00 AM -
12:00 PM
Falls prevention

9:00 AM - 10:00
AM
Exercise -
Seated yoga

10:00 AM -
11:00 AM
Exercise -
Movement
matters

11:00 AM -
12:00 PM
Falls prevention

**Jubilee
Centre**

256 Sheldon
Etobicoke,
Ontario
M8W 4X8
For more
information,

call: [1-877-696-1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

1:00 PM - 2:00
PM
Falls prevention

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

10:00 AM -
11:00 AM
Falls prevention

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