

ACTON EXERCISE SCHEDULE

COVID-19 Update – Lifemark Seniors Wellness and our Valued Community Partners are working together to re-open their doors to Older Adults and Seniors in the Community. We have a selected number of sites that have re-opened. Please click on “View Schedules” to see what sites are available to attend for in person programming. Please note that there is limited space available so please call **Lifemark Seniors Wellness** at [1-800-315-4417](tel:1-800-315-4417) to register. Only those that are registered will be permitted to attend the program.

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Ebenezer United Church 12274 Guelph Line Campbellville, ON L7J 1C6 For more information, call: 1-877-696-1620 ☆ Accepting Community Participants			2:00pm - 3:00pm Exercise - Pump it up	2:00pm - 3:00pm Exercise - Pump it up	
			3:00pm - 4:00pm Falls prevention	3:00pm - 4:00pm Falls prevention	
			4:00pm - 5:00pm Exercise - Seated dance	4:00pm - 5:00pm Exercise - Seated yoga	

Hillsview Active Living
Centre

415 Queen St.
Acton, ON
L7J 1Y5

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

☆ Accepting Community
Participants

6:00pm - 7:00pm
Falls prevention

7:00pm - 8:00pm
Osteoporosis

8:00pm - 9:00pm
Exercise - Seated
yoga

6:00pm - 7:00pm
Falls prevention

7:00pm - 8:00pm
Exercise - Pump it up

8:00pm - 9:00pm
Exercise - Movement
matters

St. Albans

19 St. Albans Drive
Acton, ON
L7J 1Y5

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

☆ Accepting Community
Participants

6:00pm - 7:00pm
Exercise - Movement
matters

7:00pm - 8:00pm
Falls prevention

6:00pm - 7:00pm
Exercise - Movement
matters

7:00pm - 8:00pm
Falls prevention

