

GEORGETOWN 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
Hillsview Active Living Center 318 Guelph Street Unit 9 Georgetown, ON For more information, call: 1-877-696-1620 ☆ Accepting Community Participants				4:30pm - 5:30pm Falls prevention	1:30pm - 2:30pm Falls prevention
				5:30pm - 6:30pm Osteoporosis	2:30pm - 3:30pm Osteoporosis
				6:30pm - 7:30pm Exercise - Seated yoga	3:30pm - 4:30pm Exercise - Movement matters

Living Hope Alliance
Church (formerly
Georgetown Alliance)

290 Main Street South
Georgetown, ON
L7G 4T1

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

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

3:00pm - 4:00pm
Falls prevention

4:00pm - 5:00pm
Exercise - Movement
matters

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

3:00pm - 4:00pm
Falls prevention

4:00pm - 5:00pm
Exercise - Movement
matters

Sands Condo

20 McFarlane Dr.
Georgetown, ON
L7G 5J8

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

☆ Accepting Community
Participants

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

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Seated
yoga

5:00pm - 6:00pm
Exercise - Movement
matters

6:00pm - 7:00pm
Falls prevention

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

