

MILTON 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
Birkdale Place 611 Farmstead Dr Milton, ON L9T 4M3 For more information, call: 1-877-696-1620 ☆ Accepting Community Participants		1:00pm - 2:00pm Exercise - Movement matters		1:00pm - 2:00pm Exercise - Seated yoga	
		2:00pm - 3:00pm Falls prevention		2:00pm - 3:00pm Falls prevention	
		3:00pm - 4:00pm Exercise - Seated Tai Chi		3:00pm - 4:00pm Exercise - Movement matters	

Halton Region -
Friends Landing

185 Ontario Street South
Milton, ON
L9T 2M4
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

4:00pm - 5:00pm
Simply stretch

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

Halton Region - Milton
Place

185 Ontario Street South
Milton, ON
L9T 2M4
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

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

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

Martindale Gardens

45 Martin St.
Milton, ON
L9T 2R1

5:00pm - 6:00pm
Osteoporosis

6:00pm - 7:00pm
Osteoporosis -

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

6:00pm - 7:00pm

5:00pm - 6:00pm
Exercise - Seated
dance

6:00pm - 7:00pm

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

☆ **Accepting Community
Participants**

Secondary

Falls prevention

Exercise - Pump it up

7:00pm - 8:00pm
Exercise - Movement
matters

7:00pm - 8:00pm
Exercise - Movement
matters

7:00am - 8:00pm
Falls prevention

Seasons Milton

760 Bronte St S
Milton, ON
L9T 8X4

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

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

6:15pm - 7:15pm
Exercise - Pump it up

7:00pm - 8:00pm
Exercise - Seated Tai
Chi

7:15pm - 8:15pm
Exercise - Seated
dance

8:00pm - 9:00pm
Falls prevention

8:15pm - 9:15pm
Falls prevention