

LOCATION	TYPE OF CLASS	DAYS	TIMES
<b>4 Villages CHC – Bloor</b> 1700 Bloor St W, M6P 4C3	Group Exercise	Tuesdays	9:30am - 10:30am
	Falls Prevention		10:30am - 11:30am
<b>4 Villages CHC – Dundas</b> 3446 Dundas St W, M6S 2S1	Group Exercise	Mondays & Thursdays	1:00pm - 2:00pm
	Falls Prevention		2:00pm - 3:00pm
<b>49 Mabelle Ave</b> M9A 4X9 <i>*women only*</i>	Falls Prevention / Group Exercise <i>*blended*</i>	Tuesdays	12:30pm - 2:30pm
		Fridays	10:00am - 12:00pm
<b>50 Quebec Ave</b> M6P 4B4	Group Exercise	Fridays	1:30pm - 2:30pm
<b>Alderwood United Church</b> 44 Delma Dr, M8W 4N6	Group Exercise	Wednesdays	10:00am - 11:00am
		Thursdays	1:00pm - 2:00pm
<b>Downsview Acres</b> 2195 Jane St, M3M 1A3	Group Exercise	Mondays & Thursdays	1:00pm - 2:00pm
<b>Griggs Manor</b> 100 Cavell Ave, M8V 3V6	Group Exercise	Tuesdays	12:00pm - 1:00pm
		Thursdays	2:45pm - 3:45pm
<b>Humbervale Place</b> 1447 Royal York Rd, M9P 3V8	Group Exercise	Mondays & Thursdays	10:00am - 11:00am
	Falls Prevention	Mondays & Thursdays	11:00am- 12:00pm
<b>Islington Manor</b> 41 Mabelle Ave, M9A 5A9	Group Exercise	Mondays & Wednesdays	9:00am - 10:00am
	Falls Prevention	Mondays	3:30am - 4:30pm
		Thursdays	2:30pm - 3:30pm
<b>Labdara Lithuanian Nursing Home</b> 5 Resurrection Rd, M9A 5G1	Group Exercise	Wednesdays	1:00pm - 2:00 pm
	Falls Prevention		2:00 pm - 3:00pm
<b>Lerette Manor</b> 250 Twelfth St, M8V 3Y8	Group Exercise	Tuesdays	3:15pm - 4:15pm
	Falls Prevention	Tuesdays & Thursdays	9:00am - 10:00am
<b>Loyola Arrupe</b> 1709 Bloor St W, M6P 4E5	Falls Prevention	Fridays	12:30pm - 1:30pm
	Group Exercise		1:30pm - 2:30pm
<b>Lutheran Lodge</b> 2715 Islington Ave, M9V 5H3	Group Exercise	Mondays	10:30am - 11:30am
		Wednesdays	1:00pm - 2:00pm
	Falls Prevention	Tuesdays & Thursdays	11:00am - 12:00pm
<b>St James United Church</b> 400 Burnhamthorpe Rd, M9B 2A8	Group Level 1 - Intermediate	Fridays	9:30am - 10:30am
	Falls Prevention		10:30am - 11:30am
	Group Level 2 - Advanced		11:30am - 12:30pm
<b>Stonegate CHC</b> 150 Berry Rd, M8Y 1W3	Group Exercise	Tuesdays	10:00am - 11:00am
	Falls Prevention		11:00am - 12:00pm
<b>Ukrainian Canadian Social Services</b> 2445 Bloor St W, M6S 1P7	Group Exercise	Tuesdays	9:30am- 10:30am
	Falls Prevention / Group Exercise <i>*blended*</i>	Fridays	2:45pm - 3:45pm