

LOCATION	TYPE OF CLASS	DAYS	TIMES
<b>Edwards Manor</b> (340 Royal York Rd, M8Y 2P9)	Falls Prevention	Mondays & Wednesdays	12:00 – 1:00pm
	Group Exercise	Tuesdays	1:45 – 2:45pm
		Fridays	12 – 1pm
<b>Islington Manor</b> (41 Mabelle Ave, M9A 5A9)	Falls Prevention		
		Thursdays	2:30 – 3:30pm
	Group Exercise	Mondays & Wednesdays	9 – 10am
<b>Lerette Manor</b> (250 Twelfth St, M8V 3Y8)	Falls Prevention	Tuesdays & Thursdays	9-10am
	Group Exercise	Tuesdays	3:15 – 4:15pm
		Fridays	10:30 – 11:30am
<b>Downsview Acres</b> (2195 Jane St, M3M 1A3)	Group Exercise	Mondays & Thursdays	1 – 2pm
<b>Griggs Manor</b> (100 Cavell Ave, M8V 3V6)	Group Exercise	Tuesdays	12 – 1pm
		Thursdays	2:45 – 3:45pm
<b>4 Villages Community Health Centre – Dundas Site</b> (3446 Dundas St W, M6S 2S1)	Falls Prevention	Mondays & Thursdays	2 – 3pm
	Group Exercise	Mondays & Thursdays	1 – 2pm
<b>4 Villages Community Health Centre – Bloor Site</b> (1700 Bloor St W, M6P 4C3)	Falls Prevention	Mondays	3-4pm
	Group Exercise	Mondays	2-3pm
<b>Loyola Arrupe</b> (1709 Bloor St W, M6P 4E5)	Falls Prevention	Fridays	1:30-2:30pm
	Group Exercise	Fridays	12:30-1:30pm
<b>Stonegate CHC</b> (150 Berry Rd, M8Y 4H6)	Group Exercise	Tuesdays	10-11am
	Falls Prevention	Tuesdays	11-12pm
<b>Alderwood United Church</b> (44 Delma Dr, M8W 4N6)	Group Exercise	Wednesdays	10-11am
		Thursdays	1-2pm
<b>50 Quebec Ave.</b> (50 Quebec Ave, M6P 4B4)	Group Exercise	Thursdays	1:30-2:30pm
	Falls Prevention		2:30-3:30pm
<b>Ukrainian Canadian Social Services</b> (2445 Bloor Street West, M6S 1P7)	Group Exercise	Tuesdays Fridays	9:30-10:30am 3-4pm
	Falls Prevention	Fridays	4-5pm
<b>49 Mabelle Ave</b> (49 Mabelle Ave, M9A 4X9) <i>*women only*</i>	Group Exercise	Tuesdays	1:30-2:30pm
		Fridays	11-12pm
	Falls Prevention	Tuesdays	2:30-3:30pm
		Fridays	12-1pm
<b>Labdara Lithuanian Nursing Home</b> (5 Resurrection Rd, M9A 5G1)	Falls Prevention/ Group Exercise <i>*blended class*</i>	Wednesdays	2-4pm
<b>St James United Church</b> (400 Burnhamthorpe Rd, M9B 2A8)	Group Exercise Level 1	Fridays	9:30-10:30am
	Falls Prevention		10:30-11:30am
	Group Exercise Level 2		11:30-12:30pm
<b>Humbervale Place</b> (1447 Royal York Rd, M9P 3V8)	Group Exercise	Mondays & Thursdays	10-11am
	Falls Prevention	Mondays & Thursdays	11-12pm