



## Exercise and Falls Prevention Class Schedule

LOCATION	TYPE OF CLASS	DAYS	TIMES	AVAILABILITY
<b>50 Quebec Ave</b> M6P 4B4	Group Exercise	Friday	12:30 pm – 1:30 pm	Waitlisted <i>(50, 80 or 100 Quebec Residents Prioritized)</i>
		Tuesday	1:00 pm – 2:00 pm	
<b>100 Quebec Ave</b> M6P 4B8	Group Exercise	Friday	1:45 pm – 2:45 pm	Open <i>(80 &amp; 100 Quebec Residents only)</i>
<b>Alderwood United Church</b> 44 Delma Dr M8W 4N6	Group Exercise	Thursday	11:00 am – 12:00 pm	Open
<b>Central King</b> 15 King St M9N 3X1	Group Exercise	Monday	1:00 pm – 2:00 pm	Open <i>(residents only)</i>
<b>Humbervale Place</b> 1447 Royal York Rd M9P 3V8	Group Exercise	Thursday	10:30 am – 11:30 am	Waitlisted
	Gentle Exercise		11:30 am – 12:15 pm	
<b>Lutheran Lodge</b> 2715 Islington Ave M9V 5H3	Group Exercise	Friday	10:30 am – 11:30 am	Open <i>(residents only)</i>
	Falls Prevention	Monday	9:45 am – 10:45 am	
<b>Neilson Park Creative Centre</b> 56 Neilson Dr M9C 1V7	Group Exercise	Thursday (April 9 <sup>th</sup> – June 25 <sup>th</sup> )	1:00 pm – 2:00 pm	Waitlisted
<b>Swansea Maple Leaf Royal Canadian Legion</b> 3591 Dundas St W M6S 2T1	Group Exercise	Thursday	1:00 pm – 2:00 pm	Waitlisted
			2:00 pm – 3:00 pm	



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LOCATION	TYPE OF CLASS	DAYS	TIMES	AVAILABILITY
<b>St James United Church</b> 400 Burnhamthorpe Rd M9B 2A8	Gentle Exercise	Friday	9:30 am – 10:30 am	Waitlisted
	Gentle Exercise		10:45 am – 11:45 am	
	Group Exercise		12:00 pm – 1:00 pm	
<b>Stonegate Community Health Centre</b> 10 Neighbourhood Lane, Unit 201, M8Y 0C5	Falls Prevention	Tuesday	10:00 am – 11:00 am	Open
			11:15 am – 12:15 pm	
<b>Ukrainian Canadian Social Services</b> 2445 Bloor St W M6S 1P7	Group Exercise	Monday	10:00 am – 11:00 am	Waitlisted
<b>Virtual Exercise Classes</b>	Various Levels	Mon-Thurs	10:00 am – 11:00 am	Open

*Last Updated: March 16, 2026*