

Exercise and Falls Prevention Class Schedule

LOCATION	TYPE OF CLASS	DAYS	TIMES	AVAILABILITY
50 Quebec Ave 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	
100 Quebec Ave M6P 4B8	Group Exercise	Friday	1:45 pm – 2:45 pm	Open <i>(80 & 100 Quebec Residents only)</i>
Alderwood United Church 44 Delma Dr M8W 4N6	Group Exercise	Thursday	11:00 am – 12:00 pm	Open
Central King 15 King St M9N 3X1	Group Exercise	Monday	1:00 pm – 2:00 pm	Open <i>(residents only)</i>
Humbervale Place 1447 Royal York Rd M9P 3V8	Falls Prevention	Thursday	10:00 am – 11:00 am	Waitlisted
			11:00 am – 12:00 pm	
Lutheran Lodge 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	
Neilson Park Creative Centre 56 Neilson Dr M9C 1V7	Group Exercise	Thursday	10:30 am – 11:30 am	Waitlisted
Swansea Maple Leaf Royal Canadian Legion 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
St James United Church 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	
Stonegate Community Health Centre 10 Neighbourhood Lane, Unit 201, M8Y 0C5	Falls Prevention	Tuesday	10:00 am – 11:00 am	Open
			11:15 am – 12:15 pm	
Ukrainian Canadian Social Services 2445 Bloor St W M6S 1P7	Group Exercise	Monday	10:00 am – 11:00 am	Waitlisted
Virtual Exercise Classes	Various Levels	Mon-Thurs	10:00 am – 11:00 am	Open

Last Updated: Dec 17, 2025