

Exercise & Falls Prevention Class Schedule

LOCATION	TYPE OF CLASS	DAYS	TIMES
4 Villages Community Health Centre 3446 Dundas St W, M6S 2S1	Group Exercise	Mondays & Thursdays	1:00pm - 2:00pm
	Falls Prevention		2:00pm - 3:00pm
Mabelle Place 49 Mabelle Ave, M9A 4X9 <i>*women only*</i>	Falls Prevention / Group Exercise <i>*blended*</i>	Tuesdays	12:30pm - 2:30pm
50 Quebec Ave M6P 4B4	Group Exercise	Fridays	1:30pm - 2:30pm
Alderwood United Church 44 Delma Dr, M8W 4N6	Group Exercise	Wednesdays	10:00am - 11:00am
		Thursdays	1:00pm - 2:00pm
Downsview Acres 2195 Jane St, M3M 1A3	Group Exercise	Mondays	1:00pm - 2:00pm
Griggs Manor 100 Cavell Ave, M8V 3V6	Group Exercise	Tuesdays	12:00pm - 1:00pm
		Thursdays	2:45pm - 3:45pm
1447 Royal York Rd, M9P 3V8	Group Exercise	Mondays & Thursdays	10:00am - 11:00am
	Falls Prevention	Mondays & Thursdays	11:00am - 12:00pm
Islington Manor 41 Mabelle Ave, M9A 5A9	Group Exercise	Mondays & Wednesdays	9:00am - 10:00am
	Falls Prevention	Mondays & Thursdays	3:30pm - 4:30pm
Labdara Lithuanian Nursing Home 5 Resurrection Rd, M9A 5G1	Group Exercise	Wednesdays	1:00pm - 2:00 pm
	Falls Prevention		2:00 pm - 3:00pm
Lerette Manor 250 Twelfth St, M8V 3Y8			
	Falls Prevention	Tuesdays & Thursdays	9:00am - 10:00am
Loyola Arrupe Centre for Seniors 1709 Bloor St W, M6P 4E5	Falls Prevention	Fridays	12:30pm - 1:30pm
	Group Exercise		1:30pm - 2:30pm
Our Saviour Thistletown Lutheran Lodge 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
St James United Church 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
Stonegate Community Health Centre 10 Neighbourhood Lane, Unit 201, M8Y 0C5	Group Exercise	Tuesdays	10:00am - 11:00am
	Falls Prevention		11:00am - 12:00pm
Ukrainian Canadian Social Services 2445 Bloor St W, M6S 1P7			
	Falls Prevention / Group Exercise <i>*blended*</i>	Fridays	2:45pm - 3:45pm