



Register for TIME™

Together in Movement & Exercise



Starting Soon!

TIME™ is a new exercise program designed for adults with stroke, acquired brain injury, multiple sclerosis or other mobility concerns. This one-hour circuit style fitness class will help you:

- **Increase your energy**
- **Improve your balance and mobility**
- **Enhance your quality of life**

The program has been created by Physiotherapists and is led by fitness instructors. All participants must be able to walk 30 feet with or without a walking aid.

Supported by Fraser Health in conjunction with the municipalities of Surrey.

For program details or to volunteer contact:
jason.moller@fraserhealth.ca

Times & Registration

Cloverdale

Cloverdale Recreation Centre
Tues & Thurs 1:00-2:00 p.m.
Starting May 28th

Phone: 604-598-7960

Register number: 4340055

Newton

Newton Recreation Centre
Wed & Fri 12:00-1:00pm
Starting May 29th

Phone: 604-501-5540

Register number: 4340056

North Surrey

Chuck Bailey Recreation Centre
Tues & Thurs 3:00-4:00 p.m.
Starting June 4th

Phone: 604-598-5898

Register number: 4340086

