



Register for TIME™

Together in Movement & Exercise



Times & Registration

Coquitlam

Poirier Sports & Leisure Complex
Tues & Thurs 11:45-12:45 p.m.

Register: 604-927-4386

Port Coquitlam

Hyde Creek Recreation Centre
Wed & Fri 1:10-2:10 p.m.

Register: 604-927-7946

Summer class registration starts soon

TIME™ is a new exercise program designed for adults with stroke, acquired brain injury or 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 Coquitlam, Port Coquitlam and Port Moody.

