



Register for TIME™

Together in Movement & Exercise



Summer Class begins June 5th

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.

Times & Registration

White Rock

Centre for Active Living Studio #1
Mon & Wed 2:00-3:00pm

Instructors:

Jo-Ellen and Cyndy

Register: 604-541-2199