

T.I.M.E.

Together in Movement and Exercise

This class is for participants with balance and mobility challenges resulting from chronic conditions (ie. stroke, brain injury, multiple sclerosis) and want to exercise in a supervised environment. Emphasis is on balance, muscle strengthening and cardio fitness. Medical clearance from a physician must be presented at the first class.

Mondays and Wednesdays 11:15-12:15 p.m. for 20 classes
IRIS ID# 229089 starting January 8th 2018

Or

Mondays and Wednesdays 12:30-1:30 p.m. 20 classes
IRIS ID# 229088 starting January 8th 2018

Participants new to the program should contact
Bob Pawliw or Carol Higa at 905-338-4186 before registering.
[Information at www.oakville.ca](http://www.oakville.ca)

River Oaks Community Centre

2400 Sixth Line
Oakville, ON, L6H 3N8