

ADAPTIVE EXERCISE CLASSES AT MHC BE FIT FOR LIFE CENTRE

Exercise classes designed for individuals with Multiple Sclerosis, Parkinson's Disease, Stroke and others that may need adaptations. Individuals without disabilities welcome to attend!

Yoga Adventure



THURSDAYS

MAY 9-JUNE 13 (6 weeks)

2:00 - 3:00pm

MHC Fitness Studio (H131)

Class without Parking Pass: \$45/6 weeks

(\$1 per 1 hour parking at parking meters available)

or \$10 drop in per class*

*Subsidy available.

6 week parking pass available for \$30.

REGISTRATION:

Call Tara at 587-253-5300 or
email tara@parasports.net

