

Adaptive Aqua Fitness

*Designed for people living with
Multiple Sclerosis, Arthritis,
Fibromyalgia, or Chronic Pain*



**Tuesdays, 10:30 - 11:30 a.m.
November 7th - December 5th
@ the Kinsmen Aquatic Centre
\$8/drop-in or \$72/10 punch card**

**This is a slower paced, low-impact, less intense class
with a focus on joint mobility & chronic pain
management. Class will consist of slow, broad
movements to enhance balance & strengthen joints.**

Each participant is welcome to bring a caregiver FREE of charge!
You must have PAR-Q form signed and completed before the first class.

For more information, please call the Kinsmen Aquatic Centre at 204-622-3112.