



PATHWAY TO FITNESS

EXERCISE FOR STROKE AND OTHER NEUROLOGICAL CONDITIONS

OUR VISION

To be the best health and fitness centre in Canada in building the health of the community, for optimum quality of life.

Improve your quality of life through an exercise program designed to work with the challenges of neurological conditions.

Our inter-professional team of physiotherapists and fitness professionals will supervise your program ensuring you are safe during your workouts.

This 8-week program runs twice per week for an hour and a half each day. You will receive pre- and post- assessments to track your improvements. The classes will include strength, balance and cardiovascular exercise.

A referral from your physician is required unless you are an active member of the Reh-Fit Centre.

Members: \$185.00

Non-Members: \$225.00

**Prices subject to change.*

Please contact the Reh-Fit Centre for start date of next session.

Pathway to Fitness Exercise Referral

Name: _____

Date of Birth: _____ Phone Number: _____

I give medical clearance for _____ to
Participant's full name
participate in the Pathway to Fitness Program at the Reh-Fit Centre. I am not aware of any contraindications for participation in this program.

I understand the participant will be involved in balance, strength and cardiovascular exercise.

Physician Name: _____ Date: _____

Signature: _____ Phone Number: _____

REH-FIT CENTRE

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