



Better Hips, Better Knees

A Joint Replacement Exercise Program

Better Hips, Better Knees is a circuit exercise class for those wanting to be better conditioned before or after joint replacement surgery. The class is conducted under the supervision of a physiotherapist and a fitness trainer. Verbal referral from a physiotherapist or doctor is recommended if surgery has been within 3 months from the start of the class.

JOHN TOD CENTRE Y
Mondays and Thursdays
1:30 – 2:30pm

8 Sessions
Members: \$64
Non-Members: \$80

Upcoming Sessions:
April 26- May 20
May 31-June 24

No classes on Stat Holidays



Kamloops
Community
YMCA-YWCA

*Building healthy
communities*