



Activity Resources across Alberta



Lethbridge

Lethbridge Senior Citizens Organization

- Variety of fitness classes including balance, gentle exercise, functional fitness, chair exercise
- Fee-based classes - offers financial assistance based on income
- P: 403-320-2222 Web: lethseniors.com/programs/exercise-activity-classes/

Cor Van Raay YMCA

- Variety of fitness classes including walking groups and pool-based exercise
- Classes included with membership - offers financial assistance based on income
- P: 403-942-5757 Web: lethbridgeymca.ca

Lethbridge College Be Fit for Life

- Variety of fitness program for individuals of all ages and abilities
- P: 403-382-6919 Web: lethbridgecollege.ca/departments/be-fit-for-life

Medicine Hat

Big Marble Go Centre

- Variety of fitness classes move better, senior strength, walk to health, chair yoga, and sit & be fit.
- P: 403-502-8566 Web: medicinenhat.ca/en/parks-and-recreation/big-marble-go-centre
- Thrive Well Class: Support individuals facing chronic disease, major surgery, and other health conditions
- P: 403-977-1431 E: niwep@medicinenhat.ca
- Classes included with membership - offers financial assistance based on income

Medicine Hat YMCA

- Variety of fitness classes including aquafit, aquatic relief, fitness for every body.
 - Fitness for Every Body: Health and wellness classes for people with disabilities and chronic illnesses
 - Downtown Branch: 403-527-4426
 - South Ridge Branch: 403-528-1631
 - Classes included with membership - offers financial assistance based on income
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Crestwood Recreation Centre

- Aquafit and a variety of other pool-related programming
- Classes included with membership - offers financial assistance based on income
- P: 403-529-8320 Web: medicinehat.ca/en/parks-recreation-and-culture/crestwood-recreation-centre

Okotoks

Okotoks Rec Centre & Southside Community Centre

- Living Well: Exercise for quality of life; Living Well: strength and stretch
- Drop in or membership - offers financial assistance
- P: 403-938-8954 Web: www.activeokotoks.ca

Red Deer

City of Red Deer Recreation Centres

- Variety of programs at locations throughout the city including functional fitness, chair yoga, healthy hips, aqua fit
- Drop in or membership - offers financial assistance
- P: 403-309-8411 Web: reddeer.ca/recreation-and-culture

Red Deer YMCAA

- Variety of fitness classes including gentle fit strength, gentle fit cardio, stretch and mobility
- Drop in or membership - offers financial assistance
- P: 403-967-9622 Web: ymcanab.ca/region/red-deer

Edmonton

YMCA Edmonton

- Variety of gentle fit exercise classes at YMCAs across Edmonton
- Drop in or membership - offers financial assistance

City of Edmonton Recreation Centres

- Variety of exercise classes for all fitness levels including beginners, seniors, and modified exercise at facilities across the city
 - Drop in or membership - offers financial assistance
 - <https://movelearnplay.edmonton.ca>
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Alberta - Wide Programs

Transplant Wellness Program - Maintenance

- Twice-weekly exercise classes over Zoom for those who completed TWP
- Email: twp@ucalgary.ca

Alberta Healthy Living Program

- Free programming and services for those with a chronic condition or disease
- Better Choices, Better Health: 6-week program to help individuals build skills to manage and overcome the physical and emotional challenges of living with chronic disease
- Supervised exercise: sessions led by healthcare professionals to help individuals live an active lifestyle
- Services vary by region
 - North Zone: P: 1-877-349-5711 Web: healthylivingprogram.ca
 - Edmonton Zone: P: 825-404-7460 Web: www.albertahealthservices.ca/info/page13984.aspx
 - Central Zone: P: 1-877-314-6997 Web: <https://www.albertahealthservices.ca/assets/programs/ps-cdm-central-ahlp-program-guide-current.pdf>
 - Calgary Zone: P: 1-844-527-1160 Web: <https://www.albertahealthservices.ca/assets/info/phc/if-phc-cdm-ahlp-education-guide-cal.pdf>
 - South Zone: Web: <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1026154#contentStart>

Neuro Sask

- Twice-weekly exercise sessions over Zoom for those with a neurological condition or other chronic disease
- Email: neurosask@usask.ca Web: <https://rehabscience.usask.ca/neurosask>

