

# Activity Resources in Calgary



## Online Resources

### TWP MAINTENANCE CLASSES

- Weekly exercise classes held over ZOOM Participants in similar stages of their transplant journey

Email: [twp@ucalgary.ca](mailto:twp@ucalgary.ca)

### KIDNEY EXERCISE AND EDUCATION PROGRAM (KEEP)

- 60 min exercise classes held over
- ZOOM Any stage of kidney disease
- Classes Tuesdays and Wednesdays
- Email: [theresa.cowan@ahs.ca](mailto:theresa.cowan@ahs.ca)



### NEURO SASK

- 30 min exercise classes held over ZOOM
- Individuals with neurological condition or other chronic disease
- Classes Tuesdays and Thursdays Email:
- [neurosask@usask.ca](mailto:neurosask@usask.ca)
- <https://rehabscience.usask.ca/neurosask/>

#### Movement:

<https://youtu.be/pu4fpU5hEtY>

<https://youtu.be/6KwNAWo0zVg>

<https://youtu.be/HmWlypKMqI8>

<https://youtu.be/bFyD0TEGwPk>

#### Stretching:

<https://youtu.be/4qoTwesp-NM>

#### Lower body exercises:

<https://youtu.be/ixnQSyIVCml>

Here are some links to resources provided by Neuro Sask for those who are unable to attend classes.

# Hybrid Resources

## ALBERTA HEALTHY LIVING PROGRAM

- Online and in-person options
  - Anyone with chronic disease
  - Classes throughout the week
  - 1-844-527-1160
  - [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp) (click on Calgary Zone)
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## CALGARY ACTIVE LIVING Paperny Family JCC

- Designed for people with any type of chronic condition
  - All major components of a fitness class are included
  - 403-537-8598
  - [lcraane@cjcc.ca](mailto:lcraane@cjcc.ca)
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# In-Person Resources

## "GENTLE FITNESS" CLASSES THE CITY OF CALGARY

- In-person classes offered at different locations throughout the city Gentle,
  - low impact classes led by fitness instructors
  - <https://www.calgary.ca/parks-rec-programs/fitness/gentle-fitness.html>
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## "KEEP MOVING" CLASSES THE UNIVERSITY OF CALGARY

- Lower intensity, traditional fitness classes that combine cardio, and simple low-impact movements
- Designed for mature and older adults at all fitness levels
- <https://active-living.ucalgary.ca/programs/health-and-fitness/fitness-classes>