

Low Impact, Gentle Exercise Programs for Arthritis-Related Conditions

1. University of Calgary, Joint Effort 1 nutrition class and 11 exercise classes over a 6 week period.
\$299.00. for pre and post joint replacement clients
[www.ucalgaryrecreation.ca/ Health &fitness/Joint Effort](http://www.ucalgaryrecreation.ca/Health&fitness/Joint%20Effort)
2. Vecova, (former VRR) 32nd Avenue and 33rd Street N.W. 403-284-2231
www.vecova.ca Warm pool with ramped entry and dry land classes
3. Calgary Jewish Centre, 1607-90 Ave S.W. 403-253-8600
www.calgaryjcc.com/programs/Health&fitness
Young at Heart- land classes
Warm water aqua-fitness
4. YMCA,
www.ymcacalgary.org There are various locations around Calgary
Drop in fitness classes: a. Gentle Fitness, b. Deep Water Workout,
c. Gentle Water Workout, d. Shallow Water Workout
5. Trico Centre, 11150 Bonaventure Drive S.E. 403-278-7542
www.tricocentre.ca
aqua-adults 1&2 gentle learn to swim at your own pace
Nutrition coaching
6. Westside Recreation Centre, 200-69 Street S.W. 403-531-5875
www.westsiderec.com
Pool has ramped entry
Adult beginner learn to swim class
Hydro Spinning- cycling in water
Older adult yoga fusion
7. City of Calgary Recreation
www.calgary.ca/recreation/aquatic and fitness centres
8. Water Moves Aqua Therapy, 403-815-3256
www.watermovesaquatherapy.com/programs
Pool-based, private company, individual and group focused aquatherapy
Vocera 3304-33 St. N.W.
Renoir 9229-16 St. S.W.
9. Arthritis Society, 200-1301-8 St. S.W. 403-228-2571
www.arthritis.ca
Arthritis Self Management Program
Chronic Pain Management Workshop
10. Living Well, 403-943-2584 self referral
www.calgaryhealthregion.ca/programs/livingwellwithachroniccondition
3 components- Education class, Self Management class, and Exercise Class

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