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

2. Vecova, (former VRRI) 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.ymcaalberta.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 18 & 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.  
Rencir 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

The list of programs and resources contained in this document is not exhaustive and the inclusion of these particular programs should not be construed as an endorsement by Alberta Hip and Knee Clinic. Alberta Hip and Knee clinic does not guarantee the quality, accuracy or completeness of this information. By using this information, users agree to abide by the conditions specified in this legal disclaimer. Alberta Hip and Knee is not responsible for any direct, indirect, special, incidental or consequential damage arising in connection with the use or reliance on the information provided in this document.