

Our supervised exercise program is expanding to meet the needs of Calgary residents.



When your patient joins our [supervised exercise program](#), one option that may be available to them is our group exercise classes. We have been working hard to improve the accessibility of these classes for those who wish to take the class in person. In addition to our online offerings, in person supervised exercise classes will be offered out of the following locations:

- East Calgary Health Centre
- Killarney Aquatic & Recreation Centre
- Richmond Road Diagnostic & Treatment Centre
- South Health Campus
- Southland Leisure Centre
- Thornhill Aquatic & Recreation Centre

*Please note: These services are restricted to Calgary Zone residents. All patients must meet with an exercise clinician before they could participate in an exercise class, and not all classes are offered out of all locations.

Learn more about how our supervised exercise program has influenced our participants' quality of life by [watching this 3-minute video](#).

For more information, call **1-844-527-1160** or visit ahs.ca/ahlp.

