What is Bridge to Fitness?

Bridge to Fitness is a YMCA program designed to support participants in getting started in a regular fitness program, developing social contacts and increasing their general knowledge of health. Whether you are new to exercise or looking for a program after rehabilitation, this program is for you. Led by experienced staff, Bridge to Fitness will combine land and water activities to improve participants' balance, endurance, mobility, strength and confidence.

Who would benefit?

Bridge to Fitness is designed for people:

- New to physical activity and exercise.
- Dealing with chronic conditions such as arthritis or osteoporosis.
- Recovering from a sudden injury.
- Requiring enhanced support to implement a sustained physical activity program.

YMCA of Edmonton

The YMCA of Edmonton creates life-enhancing opportunities for the growth and development of all people in spirit, mind and body.

This program is offered in partnership with the Glenrose Rehabilitation Hospital.

YMCA Locations

Castle Downs Family YMCA
11510 153 Ave
780 476-**YMCA** (9622)

Don Wheaton Family YMCA
10211 102 Ave
780 452-**YMCA** (9622)

Jamie Platz Family YMCA
7121 178 St
780 481-**YMCA** (9622)

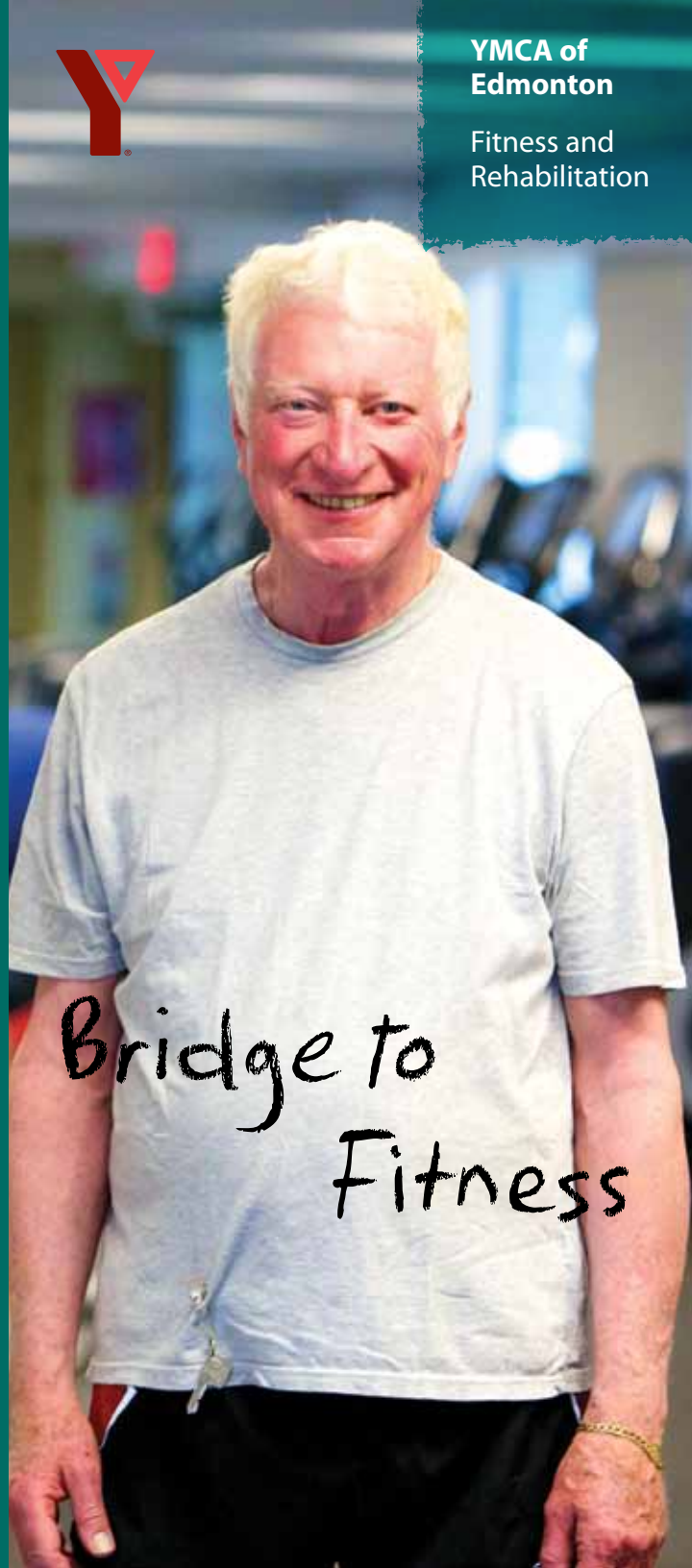
William Lutsky Family YMCA
1975 111 St
780 439-**YMCA** (9622)

Building healthy communities

edmonton.ymca.ca

YMCA of Edmonton

Fitness and Rehabilitation



Bridge to Fitness

Continue your journey towards a healthier and happier you!

Starting a physical activity program can be an intimidating experience. Chronic illness, persistent pain and sudden injury can make the task even more challenging.

It's not hopeless. A healthier and brighter future is possible. Let the YMCA help you regain the strength, mobility and confidence to lead a more active, more fulfilling lifestyle.

Program Details

Bridge to Fitness is an 8-week program delivered in 60-minute classes twice a week. The program will be delivered in a fitness class setting and combine a variety of exercises and activities designed to improve fitness and restore function.

A social component will also be offered that will promote nutritional and fitness education in a friendly and engaging atmosphere.

Offered at Don Wheaton, Castle Downs and Jamie Platz Family YMCA locations. Program will run pending interest and registration.

Program Cost

Bridge to Fitness includes a registration fee:

For YMCA members	**$38.00**
For public	**$88.00**

How to Register

To register for Bridge to Fitness, please contact the Don Wheaton Family YMCA at (780) 452-9622, drop in and speak to Member Services or register online.

As a stroke survivor, I recommend the YMCA as an excellent facility to recover. I gained balance, and coordination both in the water and land classes.

YMCA Member