

Supervised Exercise Program

What can I expect to learn?

- How to exercise safely under the guidance of an exercise specialist
- How to self-monitor
- How to improve your strength, flexibility and endurance

How many classes are there?

- 1 hour to 1 hour and 30 minutes but varies by community

How is this class being offered?

- Over Zoom

Who can register for this class?

- Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

- Phone toll free 1-877-314-6997 or click here to view our online [class schedule](#)

All participants will have a one-on-one initial assessment, which will be scheduled 1-2 weeks prior to the start of the program. All classes will be guided by an Exercise Specialist. Once you complete the program, you will have final assessment.