Be Healthy. Live Better.

**Wellness for Alberta Health Services Employees**

A healthy lifestyle is an essential part of personal, family and workplace well-being.

Choose from four wellness memberships developed in partnership by YMCA Calgary and Alberta Health Services (AHS) to support and enhance the health of AHS employees in the Calgary Zone.

Together we’re building healthy communities one person at a time.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>AHS Fitness Centre $15</th>
<th>month (AHS employee)</th>
<th>AHS Wellness Program $30</th>
<th>month (AHS employee)</th>
<th>YMCA /AHS Joint $70</th>
<th>month (AHS employee)</th>
<th>YMCA Corporate Wellness $56.70</th>
<th>month (AHS employee or spouse)</th>
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<td>All Memberships Include</td>
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<td>• Fitness Centre orientation</td>
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<tr>
<td>• Coach Approach®— one-on-one appointments for new exercisers (YMCA locations)</td>
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<td>• Fitlinxx™ —online system to track workouts</td>
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<td>5 AHS Fitness Centre Access</td>
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<tr>
<td>AHS Drop-in Group Fitness Classes</td>
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<td>• Yoga, Pilates, Zumba &amp; Fitness</td>
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<td>Visit website for class schedule &amp; descriptions</td>
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<td>YMCA General Membership</td>
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<td>• Use 4 Calgary locations</td>
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<td>• No new member joining fee</td>
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<td>• Weekly drop in fitness classes</td>
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<td>• Free babysitting (ages 6 W-18 M)</td>
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<td>• Access to YMCAs in Canada</td>
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<td>Add for an extra fee:</td>
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<td>• Dependents under 25 years</td>
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<td>• Plus locker room</td>
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GST not included in listed prices
We can fit your lifestyle

AHS Calgary Zone Fitness Centres
• Open 24 hours | year-round
• All AHS Centres & group classes
  managed by YMCA Calgary
• Cardio & strength equipment
• Personal training available (additional fee)

Peter Lougheed Centre (PLC)
Rm 19103 | 3500 26 Ave NE

Alberta Children’s Hospital (ACH)
Rm AO417 | 2888 Shaganappi Trail NW

Foothills Medical Centre (FMC)
Rm AGW7A | 1403 29 Street NW
Special Services Building

Rockyview General Hospital (RGH)
Rm 3N33 | 7007 14 Street SW
*Off-site employee access 6am–6pm Monday to Friday; closed weekends & Stat holidays

Southport Tower Fitness Centre (SPT)
Rm 1020 | 10301 Southport Lane SW

YMCA Calgary
• Open 7 days | week
• Certified staff & instructors
• Cardio & strength equipment
  and aquatics
• Personal training available (additional fee)

Crowfoot YMCA
8100 John Laurie Blvd NW
(403) 547-6576

Eau Claire YMCA
101 3 St SW
(403) 269-6701

Saddletowne YMCA
7556 Falconridge Blvd NE
(403) 237-2393

Shawnessy YMCA
333 Shawville Blvd SE
(403) 256-5533

“I am so excited about the new AHS wellness program. I participated in lunch-hour yoga and really enjoyed the convenience of being able to get my workout in at work. It was fun and I felt rejuvenated in the afternoon. This is such good news for all of us!”

~ Nicole Rashidian
Recruitment Advisor, Calgary Zone

Ready to join? Register online or at any YMCA location for all AHS memberships. YMCA Corporate Wellness memberships must be processed at YMCA Calgary. AHS ID required.

Inquiries: bit.ly/calgarywwp_ymcacalgary or contact: the Calgary Zone Workplace Wellness Coordinator at calgarywwp@ymcacalgary.org