



# YMCA Healthy Heart Program



## Helping people for more than 45 years!

The YMCA Healthy Heart program is a community-based, cardiac rehabilitation, and prevention exercise and education program designed for individuals living with or at risk of developing cardiovascular disease.

Since 1976, the YMCA Healthy Heart Program has been helping people take an active role in improving their health and providing community connection and support through a variety of class locations and options.

# Program Offerings at a Glance

## YMCA “Healthy Heart at Home” Program

- Participants attend two virtual, medically-monitored exercise classes on Zoom per week—one on Tuesdays and one on Thursdays.
- Each class is 45 mins long.
- Four virtual class options to choose from.

## YMCA Healthy Heart Hybrid Program

- Participants attend two medically-managed classes per week, with one in-person class and one virtual class on Zoom per week.
- In-person classes are 1hr 15mins long.
- Virtual classes are 1 hour long.

## Program Perks and Benefits

- Attend two medically monitored exercise classes per week with instruction, oversight, and individualized exercise plans provided by a Clinical Exercise Physiologist and Exercise Leader.
  - Receive email newsletters with tips and advice on staying fit, active, and healthy.
  - Access pre-recorded exercise videos any time.
  - Attend free educational and social webinars on Zoom.
  - Book free one-on-one nutrition consultations with our program Dietitian.
- Consult with Clinical Exercise Physiologists, and the Medical Director, Dr Benny Lau, if there are any specific health questions or issues.
  - Virtual program participants receive phone or email check-ins with our program staff once a month.



# Class Locations, Schedules, & Fees

## Healthy Heart at Home Virtual Program

All virtual classes are on Tuesdays and Thursdays on Zoom

Virtual Class Options	Class Time	Description
Chair Exercise	9:00 a.m. - 9:45 a.m.	A seated exercise class for people with balance or mobility issues.
Strength Training	10:00 a.m. - 10:45 a.m.	This class does not require any special equipment.
Weights & Bands	11:00 a.m. - 11:45 a.m.	This class requires participants to have a small hand weight and resistance band.
Weights & Bands2 (modified)	1:00 p.m. - 1:45 p.m.	This class is modified to allow participants with or without a hand weight or resistance band.
<b>Monthly Fee - \$45/month*</b>		

## Healthy Heart Hybrid Program – In Person Classes

In Person Options	Class Time	Class Location	Monthly Fee
Surrey Hybrid	Wed. 8:15 a.m. – 9:30 a.m.	Tong Louie Family YMCA 14988 57 Ave., Surrey	\$90*/month**
Coquitlam Hybrid	Wed. or Fri. 10:15 a.m. – 11:30 a.m.	Bettie Allard YMCA 555 Emerson St., Coquitlam	\$90*/month**
Port Moody Hybrid 1	Wed. or Fri. 1:15 p.m. – 2:30 p.m.	Port Moody Recreation Centre 300 Ioco Rd., Port Moody	\$70*/month
Port Moody Hybrid 2	Wed. or Fri. 2:30 p.m. – 3:45 p.m.	Port Moody Recreation Centre 300 Ioco Rd., Port Moody	\$70*/month

## Healthy Heart Hybrid Program - Virtual Classes

All virtual Hybrid classes are on Mondays starting at the same time as the in-person classes but are only 1 hour in length.

### \*Please note:

- New participants are charged a \$30 one-time Intake Fee.
- YMCA financial assistance is available for those in need to help cover the costs of program fees. Please enquire about the application process if you require financial assistance.

\*\* Hybrid Program fees in Surrey and Coquitlam include a YMCA membership which allows participants access to use YMCA facilities seven days per week.



# Want to participate?

As a medically-managed program, participants must be referred by a physician (family doctor or cardiologist). Please have your doctor fill out and fax the referral form, along with the relevant medical files, to 604-521-3242.



“ Over three years ago I had a scare of a stroke. It was an unexpected health issue which introduced me to Healthy Heart. With the help of the most wonderful and dedicated staff, they gave me a sense of commitment to get out, use their facilities, keep moving and meet new people. They also gave us some wonderful information on healthy eating, proper exercises, and much more helpful health information through their Teach and Talk webinars. Thank you for this!

With some life changes my blood pressure is now controlled. I'm ever grateful for the support of this program. ”

— **Monette L.**  
Port Moody Hybrid participant



## YMCA Healthy Heart Program

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T: 604-521-5801  
F: 604-521-3242  
W: [gv.ymca.ca/healthy-heart](http://gv.ymca.ca/healthy-heart)

**Medical Director:**  
Dr. Benny Lau, M.D. FRCPC

