

## **YMCA Healthy Heart Program Options 2025**

### **1) YMCA Healthy Heart at Home Virtual Program**

**Who:** Participants who either require or prefer a **medically managed cardiac rehabilitation exercise program**.

**What:** Offers participants **2 medically monitored virtual exercise classes on Zoom per week**.

**Additional Benefits include:**

- Receiving regular phone or email check-ins from program staff
- Receiving the Healthy Heart monthly e-newsletter with advice on staying fit and active, and nutrition and healthy eating tips from our program Dietitian
- Having the option to book free one-on-one consultations with our program Dietitian (maximum 4 visits per year)
- A complimentary Y@Home+ membership giving participants access to hundreds of pre-recorded exercise videos and health and wellness resources
- Receiving invitations to free educational virtual webinars and Dietitian workshops on a variety of health and nutrition topics
- Having access to YMCA Certified Exercise Physiologists and Medical Director, cardiologist Dr. Benny Lau, if there are any specific health questions/issues.

**When:** Classes are held on **Tuesdays and Thursdays** with various class options regarding time and type (depending on available space):

9:00 am – Chair Exercise

10:00 am – Strength Training

11:00 am – Weights and Bands

1:00 pm – Strength Training2 (starting in winter 2026)

6:15 pm – Strength Training 2

**Cost:** Currently **\$80/month\*** (Program Fee is under review)

**How to get involved:** Requires physician or cardiac rehab program referral using the YMCA Healthy Heart referral form.

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\* YMCA Financial assistance is available for those in financial need.

YMCA Healthy Heart Program  
#208 – 345 East Columbia St. New Westminster, BC V3L 3W4  
T: (604) 521-5801 F: (604) 521-3242

## 2) **YMCA Healthy Heart Maintenance Program**

**Who:** For **participants who are medically stable and do not require a medically managed program** but would like to participate in a group fitness class with other cardiac patients and led by YMCA Healthy Heart staff experienced in working with this population.

**What:** Offers participants **2 in-person group fitness classes per week** led by a Healthy Heart Exercise Leader (with **no medical oversight**).

**Additional benefits include:**

- being in a group fitness program with other cardiac patients for ongoing support and sense of community
- A YMCA Membership which gives you access to using the YMCA facilities 7 days/week to work out as well as access to Y@Home+ which provides access to all kinds of pre-recorded and live exercise classes online
- Receiving the YMCA Healthy Heart monthly e-newsletter with advice on staying fit and active, and nutrition and healthy eating tips from our program Dietitian
- Receiving invitations to attend free educational virtual webinars and Dietitian workshops on a variety of health and nutrition topics

**When:** Classes will be held on **Wednesdays and Fridays** from **10:45 – 11:45 am**

**Where:** **Bettie Allard YMCA** (555 Emerson St., Coquitlam)

**Cost:** YMCA Healthy Heart **Maintenance Class Fee = \$40/month\***

**Plus participants must first purchase a YMCA Membership** (costs are currently \$31.49\* bi-weekly for seniors, and \$36.99\* bi-weekly for adults) which also gives participants access to use YMCA fitness facilities 7 days/week.

**How to get involved:** As this is not a medically managed program participants don't need to be referred by a physician. However, since there is no medical oversight potential participants must get a medical clearance form signed by their physician.

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