

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.

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

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.

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