

GLA:D - 7 WEEK PROGRAM – July 2025



Program Name: GLA:D / GLAD

Price: \$490.00

Schedule:

From Date	To Date	Start Time	End Time	Day	Location
July 15, 2025	July 15, 2025	10 AM	11 AM	Tue	Ace Physique, 1000 Centre Street
July 18, 2025	July 18, 2025	10 AM	11 AM	Fri	Ace Physique, 1000 Centre Street
July 18, 2025	August 29, 2025	10 AM	11 AM	Tu/Fri	Ace Physique, 1000 Centre Street

[Adult Waiver](#)

Description

GLAD® is an education and group exercise program developed by researchers in Denmark for individuals with hip or knee osteoarthritis symptoms. This program includes two education sessions, 12 neuromuscular exercise sessions (60 minutes each) and the opportunity for data collection and quality monitoring. Classes will run twice a week for one hour over 7 weeks. GLAD® is a prehabilitation program and is not designed for people who have had a joint replacement. If you have had a joint replacement, please refer to the Hip/ Knee Post Surgical rehabilitation program.

Withdrawal / Transfer Policy

Withdrawal or transfer more than 7 days prior to the start date is subject to a \$50 service charge. No refunds or transfers will be processed on or after this date.

Prerequisites

In order to participate in this program you are required to fill out the attached registration package and fill out an Adult Waiver. Please print the attachment included in the emailed receipt and scan it back to joint@ucalgary.ca at least one week prior to the program starting. If you registered online and completed the on-line waiver, you do not need to scan back the waiver. Please only send the registration form and Get Active Questionnaire.

Checklist

As this is an exercise class, please come prepared to exercise:

- wear loose-fitting or comfortable gym attire
- participants may bring a water bottle



Itinerary

- Complete registration package
- Consult with the program coordinator to ensure eligibility in the GLAD® Program
- July 15, 2025 – August 29, 2025 Exercise sessions will take place in our Centre Street clinic location
- Education sessions – July 15 & July 18

Cost Includes

The cost includes 12 exercises sessions with a certified GLAD® trainer and two education sessions. Pre and post testing will be completed at baseline and upon completion of GLAD®

Medical Form, Waiver

In order to participate in this program you are required to fill out the registration package and complete the Adult Waiver (refer to the prerequisites section). You may require a physician's consent to participate in GLAD®.

Direct Contact

Aartee Gorajia, Physiotherapist & Program Coordinator | Email: info@acephysique.ca

Registration line: (403)546-5500, info@acephysique.ca