

GLA:D - 7 WEEK PROGRAM



Program Name: GLA:D / GLAD Canada for Hip & Knee Osteoarthritis (OA)

Price: \$750.00

Schedule:

When	Start Time	End Time	Start Date	Location
Every Monday	11 AM	12 Noon	Ongoing	Ace Physique, 1000 Centre Street North
Every Friday	11 AM	12 Noon	Ongoing	Ace Physique, 1000 Centre Street North

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 1-2 education sessions, 12 neuromuscular exercise sessions (60 minutes each), 1-2 Nutrition information sessions and the opportunity for data collection and quality monitoring. Classes will run twice a week for one hour over 6 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 only send the registration form and the 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
- Registrations are ongoing.
- Exercise sessions will take place in our Centre Street clinic location
- Education sessions - TBA

Cost Includes

The cost includes 12 exercise sessions with a certified GLAD® trainer, one or two educational sessions and one or two nutritional information 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

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