

FES Community Options - Greater Edmonton Area

Step #1 - Pick a site for your FES community cycling

Saville Centre	Steadward Centre	YMCA - Castledowns / Don Wheaton
<p>Location: South Edmonton</p> <p>Facility Information & Contact Krystle Johner fitness@ualberta.ca 780-492-1701</p> <p>FES Assessment Bookings Bobbi-Jo Atchison bobbi@equalityfitness.com 780-916-2521</p>	<p>Location: South Edmonton</p> <p>Megan Gunning mgunning@ualberta.ca 780-492-3076</p>	<p>Location: North Edmonton / Downtown</p> <p>FES Assessment Bookings Bobbi-Jo Atchison bobbi@equalityfitness.com 780-916-2521</p>



Step #2 - Book your FES Assessment

Saville Centre	Steadward Centre	YMCA
<p>Sessions: 4 Time: 2 / 1 / 1 / 1 (5 hr total) Cost: \$250 Notes: Electrodes NOT included</p>	<p>Sessions: 3 Time: 2 / 1 / 1 (3 hr total) Cost: \$153 Notes: Electrodes included</p>	<p>Sessions: 4 Time: 2 / 1 / 1 / 1 (5 hr total) Cost: \$250 Notes: Electrodes NOT included</p>
<p>Note: Please note this is a one-time cost. You can skip this step IF you already have an existing FES program designed for an RTI bike. Ask your site contact for further information.</p>		



Step #3 - Register for FES cycling

Site	Cost	Baseline Support	Scheduling	Notes
Saville Centre	\$18/month	<ul style="list-style-type: none"> - Machine set-up - Tensor wrapping - Connect pre-placed electrodes 	<ul style="list-style-type: none"> - Open Google Calendar or call 780-492-1701 - Book appointments up to 1 week in advance 	- Saville fitness centre is located on 2nd floor, if low mobility we suggest a support person
Steadward Centre	~\$175-\$400 / 4 months (please inquire)	<ul style="list-style-type: none"> - Full set-up and take-down support - Onsite storage of supplies 	<ul style="list-style-type: none"> - Participant commits to a consistent schedule for 4 months at a time, 2x or 3x/week 	<ul style="list-style-type: none"> - Electrodes available onsite for purchase - FES includes access to all gym equipment
YMCA	\$28-58.75 / biweekly (please inquire)	<ul style="list-style-type: none"> - Onsite storage of supplies 	<ul style="list-style-type: none"> - Drop-in 	- Financial assistance may be available

Note: Cost of electrodes is extra. Electrode replacements can cost up to \$60/month.