

ACE Red Deer Program Options – Winter 2023

- Participants in both the in-person and virtual programs complete **two 1-hour exercise classes each week** that are led by an ACE instructor.
- Please contact the ACE team to enrol for the Winter session or for more information:
 - Email: albertacancerexercise@ualberta.ca
 - Phone: 780-492-6007
- **Note:** Class schedule may be subject to change based on demand.

In-Person Class

Location: Collicutt Centre, 3031 30th Avenue, Red Deer.

Fitness Testing: Participants will be booked for a **virtual fitness assessment** before and after the exercise program.

Class Times: Tuesdays & Thursdays 11:00am – 12:00pm, Jan 24 – Apr 4.

Program Offering: Circuit Training Class.

Facility Website: <http://reddeer.ca/recreation-and-culture/recreation/recreationfacilities/collicutt-centre/>

PLEASE NOTE: This class is live-streamed with participants joining virtually as well.

Virtual Classes

- All virtual exercise classes are live and led by an ACE instructor using zoom.
- Participants will complete a virtual fitness assessment online using zoom both before and after the exercise program.

Daytime

- 1) Mondays & Wednesdays @ 9:30 – 10:30am, Jan 23 – Apr 12. *No class Feb 20 or Apr 10.*
- 2) Mondays & Wednesdays @ 1:00 – 2:00pm, Jan 23 – Apr 12. *No class Feb 20 or Apr 10.*
- 3) Tuesdays & Thursdays @ 11:00am – 12:00pm, Jan 24 – Apr 6.

Evening

- 4) Tuesdays @ 6:30 – 7:30pm, Jan 24 – Apr 4.
 - If you choose this class, options to complete a 2nd exercise session each week will be discussed at the time of program registration.