

ACE PROGRAM OPTIONS – LETHBRIDGE

SPRING 2022

Virtual Classes

- The ACE program options available for individuals in Lethbridge and area will be **virtual** for the SPRING 2022 session.
- If you chose to participate, you will be asked to complete a virtual fitness assessment and study questionnaires both before and after the exercise program.
- All participants will complete **two 1-hour virtual exercise sessions each week** that will be live and led by an ACE instructor using zoom.
- Please contact the ACE team to enrol for the Spring session or for more information:
 - Email: ace@ucalgary.ca
 - Phone: 403-210-8482
- **Note:** Class schedule may be subject to change based on demand.

Option 1

Class Times: Mondays & Wednesdays @ 4:45 – 5:45 pm.

Class Dates: April 4 – June 27. *No class on Apr 18, May 23, or May 30.*

Option 2

Class Times: Tuesdays & Thursdays @ 9:30 – 10:30am

Class Dates: April 12 – June 23.