

ACE Calgary Program Options – Spring 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.
- Participants are asked to complete online questionnaires and a fitness assessment both **before and after** the exercise program. More details will be provided when you enrol for the program.
- 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 schedules may be subject to change based on demand.

In-Person Classes *(Virtual class options on page 2)*

Thrive Centre

Location: University of Calgary, Kinesiology Complex.

Class Times: Mondays & Wednesdays @ 1:00 – 2:00pm, April 12 – July 12.
- No class May 22 & 29, or July 3.

Facility Website:

<https://kinesiology.ucalgary.ca/labs/health-and-wellness/resources/thrive-centre>

Sir Winston Churchill Aquatic and Recreation Centre

Location: 1520 Northmount Drive NW.

Class Times: Wednesdays & Fridays @ 11:30am – 12:30pm, April 5 – June 28.
- No class April 7.

Facility Website: <http://www.calgary.ca/CSPS/Recreation/Pages/Pools/Sir-Winston-Churchill.aspx>

Southland Leisure Centre

Location: 2000 Southland Drive SW.

Class Times: Tuesdays & Thursdays @ 9:15 – 10:15am, April 6 – June 27.

Facility Website: <http://www.calgary.ca/CSPS/Recreation/Pages/Leisure-centres/Southland.aspx>

East Calgary Health Centre

Location: 4715 8 Avenue SE.

Class Times: Mondays & Wednesdays @ 1:00 – 2:00pm, April 17 – July 12.
- *No class May 22 or July 3.*

Facility Website: <https://www.airdrie.ca/index.cfm?serviceID=16>

Airdrie – Genesis Place

Location: 800 East Lake Blvd NE, Airdrie, AB.

Class Times: Mondays & Wednesdays @ 1:30 – 2:30pm, April 3 – June 28.
- *No class April 10 or May 22.*

Facility Website: <https://www.airdrie.ca/index.cfm?serviceID=16>

Virtual Classes

- All virtual exercise classes are live and led online by an ACE instructor.

Options:

- 1) Mondays & Wednesdays @ 9:30 – 10:30am, April 17 – June 26.
- 10-week program (20 exercises classes). *No class May 22.*
- 2) Mondays & Wednesdays @ 4:15 – 5:15pm, April 3 – June 21.
- 11-week program (22 exercises classes). *No class April 10 or May 22.*
- 3) Tuesdays & Thursdays @ 11:00am – 12:00pm, April 18 – June 22.
- 10-week program (20 exercises classes).