

ACE EDMONTON PROGRAM OPTIONS - SPRING 2022

- We strongly encourage individuals who wish to participate in an **in-person class** be fully vaccinated for Covid-19. A third booster dose is also recommended for those who are eligible.
- It is also recommended that you:
 - Wear masks within facilities and during exercise when possible.
 - Maintain social distancing whenever possible.
 - Complete the Alberta Health Daily Checklist prior to attending each class.

You may also be required to follow additional facility-specific guidelines depending on your exercise location.

The above recommendations are made with the well-being of all of our participants, instructors, and facility staff being of the utmost concern.

- For those who prefer to attend a **virtual class**, the details for these program options will be updated at the end of this document as soon as they are confirmed.

We strongly encourage those individuals who are not fully vaccinated to consider participating in one of our virtual classes as well.

- 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 Edmonton team to enrol for the Spring session or for more information:
 - Email: albertacancerexercise@ualberta.ca
 - Phone: 780-492-6007
- **Note:** Class schedules may be subject to change based on demand or a change in Covid-19 guidelines/restrictions.

In-Person Classes

Castle Downs YMCA

Location: North Edmonton @ 11510 153 Ave.

Class Times: Tuesdays & Thursdays @ 2:45 – 3:45 pm, Apr 5 – Jun 16.

Program Offering: Circuit Training.

Additional Notes: Free parking. Walking distance (about 0.5 km) from Castle Downs Transit Centre.

Facility Website: <https://northernalberta.ymca.ca/Regions/Edmonton-Region/Edmonton-North/Castle-Downs-Family-YMCA>

Jamie Platz YMCA

Location: West Edmonton @ 7121 178 St.

Class Times: Wednesdays & Fridays @ 11:30am – 12:30pm, Apr 8 – Jun 17. *No class Apr 15.*

Program Offering: Circuit Training.

Additional Notes: Free parking. ETS bus stops nearby on 178 St and 69 Ave.

Facility Website: <https://northernalberta.ymca.ca/Regions/Edmonton-Region/Edmonton-West/Jamie-Platz-Family-YMCA>

William Lutsky YMCA

Location: South Edmonton @ 1975 111 St.

Class Times: Mondays & Wednesdays @ 11:30am – 12:30pm, Apr 4 – Jun 22.
No class Apr 18 or May 23.

Program Offering: Circuit Training.

Additional Notes: Free parking. Walking distance from LRT (just under 1 km from Century Park Station) and ETS bus stops nearby on 111 St.

Facility Website: <https://northernalberta.ymca.ca/Regions/Edmonton-Region/Edmonton-South/William-Lutsky-Family-YMCA>

Wellspring Edmonton

Location: South Edmonton @ 11306 65 Ave.

Class Times: Tuesdays & Thursdays from 9:00am – 2:30 pm, Apr 5 – Jun 21.

NOTE: 1-hour appointments booked every 30 min; latest start time @ 1:30 pm.

Program Offering: Group Personal Training.

Additional Notes: Free parking. Walking distance from LRT (about 0.5 km from South Campus/Fort Edmonton Station) and ETS bus stops nearby on 113 St.

Facility Website: <https://wellspring.ca/edmonton/>

Cancer Rehab Clinic @ Corbett Hall, University of Alberta

Location: U of A Main Campus @ 8205 114 St; Corbett Hall Room 1-38 (Basement)

Times Available: Individually booked appointments, Apr 11 – Jun 24.
No class Apr 15 & 18, or May 23.

Program Offering: Group Personal Training.

Additional Notes: Parking costs covered by ACE program. Walking distance from LRT (about 1.5 blocks from Health Sciences/Jubilee Station) and ETS bus stops nearby on 114 St.

Facility Website: <https://www.ualberta.ca/rehabilitation/about-us/student-resources/student-clinics-and-programs/cancer-rehabilitation-clinic>

Virtual Classes

- All virtual exercise classes are live and led by an ACE instructor using zoom.
- Participants will complete a fitness assessment before and after the exercise program. The fitness assessment will be completed either:
 - **In-person** @ the Cancer Rehabilitation Clinic at the University of Alberta if possible.

OR

 - **Virtually** online using zoom.

Daytime

Class Times: Mondays & Wednesdays @ 9:30 – 10:30am.

Class Dates: Apr 11 – Jun 22. *No class Apr 18 or May 23.*

Class Times: Tuesdays & Thursdays @ 11:00am – 12:00pm.

Class Dates: Apr 12 – Jun 16.

Evenings

Class Times: Tuesdays & Thursdays @ 6:30 – 7:30pm.

Class Dates: Apr 12 – Jun 16.