

ACE PROGRAM OPTIONS - FALL 2022

EDMONTON

In-Person Classes

YMCAs - Group classes

Castle Downs: Tuesdays & Thursdays @ 2:45 – 3:45 pm, Sep 15 – Dec 6.

- Baseline Fitness assessment: Sep 15 at 2:45pm
- Post Fitness Testing: Dec 6 at 2:45pm.

Jamie Platz: Mondays & Fridays @ 11:30am – 12:30 pm, Sep 12 – Dec 12. *No class Sep 30, Oct 10 & Nov 11.*

- Baseline Fitness assessment: Sep 12 at 11:30am
- Post Fitness Testing: Dec 12 at 11:30am.

William Lutsky: Mondays & Wednesdays @ 11:30 am – 12:30 pm, Sep 14 – Dec 7. *No class Oct 10.*

- Baseline Fitness assessment: Sep 14 at 11:30am
- Post Fitness Testing: Dec 7 at 11:30am

Group Personal Training

Wellspring : Tuesdays & Thursdays from 9:00am–2:30 pm, Sep 22 – Dec 6.

One hour appointment slots will be given to participants on registration day.

- Baseline Fitness Testing: Sep 20.
- Post Fitness Testing: Dec 8

Cancer Rehab Clinic : Monday to Friday 8:00am to 3:00pm

Individually booked appointments, Sep 19 – Dec 16. *No class Sep 30, Oct 10, Nov 11.*

- Baseline Fitness assessment: Aug 29 to Sep 16
- Post Fitness Testing: Dec 12 to 16.

Virtual Classes

- **Mondays and Wednesdays @ 9:30am – 10:30am**, Sep 19 – Dec 5. No class Oct 10.
- **Tuesdays and Thursdays @ 6:30 – 7:30 pm**, Sep 20 – Dec 1.

Fitness Testing: In-person at the Cancer Rehab Clinic, or virtually if not possible.

- Baseline Fitness assessment: Aug 29 to Sep 16
- Post Fitness Testing: Dec 2 to 16.