

ACE Edmonton 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 complete online questionnaires and a fitness assessment **before and after** the exercise program. More details will be provided when you enrol for the program.
- Please contact the ACE 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.

IN-PERSON CLASSES

(Virtual class options on page 2)

Castle Downs YMCA *(8-week program starting in May)*

Location: North Edmonton @ 11510 153 Ave.

Class Times: Tuesdays & Thursdays @ 2:45 – 3:45 pm, May 2 – June 22.

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>

Wellspring Edmonton *(10-week program)*

Location: South Edmonton @ 11306 65 Ave.

Class Times: Tuesdays & Thursdays from 9:00am – 1:00 pm, April 18 – June 29.

NOTE: 1-hour appointments booked every 30 min; latest start time @ 12:00 pm.
Later start times may be added pending demand.

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 (10-week program)

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

Times Available: Individually booked appointments, April 17 – Jun 30.

No class May 22.

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.

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).