

ACE PROGRAM OPTIONS – GRANDE PRAIRIE SPRING 2022

Virtual Classes

- The ACE program options available for individuals in Grande Prairie 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: albertacancerexercise@ualberta.ca
 - Phone: 780-492-6007
- **Note:** Class schedule may be subject to change based on demand.

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.