

## **ACE Program Options – Grande Prairie Spring 2023**

- The ACE program options available for individuals in Grande Prairie and area will be **virtual** for the Spring 2023 session.
- If you chose to participate, you will be asked to complete online questionnaires and a virtual fitness assessment 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](mailto:albertacancerexercise@ualberta.ca)
  - Phone: 780-492-6007
- **Note:** Class schedule may be subject to change based on demand.

### **Virtual Class 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).