

## ACE Program Options – Lethbridge

### Winter 2023

- Participants in both the in-person and virtual exercise programs complete **two 1-hour exercise classes each week** that are led by an ACE instructor.
- Please contact the ACE team to enrol for the Winter session or for more information:
  - Email: [ace@ucalgary.ca](mailto:ace@ucalgary.ca)
  - Phone: 403-210-8482
- **Note:** Class schedule may be subject to change based on demand.

### In-Person Class

**Location:** Lethbridge College, 3000 College Drive South.

**Class Times:** Tuesdays & Thursdays @ 9:40 – 10:40 am, Jan 12 – Apr 6.

**Fitness Testing:** Baseline testing will be on the first day of class (Jan 12) and post-program testing on the last (Apr 6) of the exercise program.

**Program Offering:** Circuit Training Class.

**Facility Website:** <https://lethbridgecollege.ca/departments/recreation-services>

### Virtual Classes

- All virtual exercise classes are live and led online by an ACE instructor.
- Participants will complete a virtual fitness assessment online both prior to starting and after completing the exercise program.

### **Options:**

- 1) Mondays & Wednesdays @ 1:00 – 2:00pm, Jan 23 – Apr 12. *No class Feb 20 or Apr 10.*
- 2) Mondays & Wednesdays @ 4:15 – 5:15pm, Jan 9 – Mar 27. *No class Feb 20.*
- 3) Tuesdays & Thursdays @ 11:00am – 12:00pm, Jan 24 – Apr 6.