

Grande Prairie - Fall session

Virtual Classes

Fitness Testing: Will be completed virtually (Baseline: Aug 29 to Sep 16; Post – Dec 2 to 16.)

- **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.