

## **Fall 2022 ACE (Alberta Cancer Exercise) In Person Classes**

**Thrive Centre @ University of Calgary: Wednesday Sept 14 – Wednesday, Dec. 14 @ 1-2pm (Mon/Wed class, Instructors: Tanya)**

- Max participants: 10, min 6
- (24 classes, 2 testing days), no class Mon. Sept. 19 or Oct. 10, 2022 (Dec. 12)
- Baseline testing: Wed, Sept. 14, 12 Week Testing: Wednesday, Dec. 14 @ 1-2pm

**Sir Winston Churchill: Mon. Monday, September 19 – Monday, December 12 @ 11:15am-12:15pm (Mon/Wed class, Instructors: Bonita, Marianne) No class Monday, Oct. 10, 2022.**

- Maximum participants: 10, minimum participants 8
- (24 classes, 2 testing days), no class Monday, Oct. 10, 2022
- Baseline testing: Sept 19 @ 11:15am-12:30pm; 12 Week Testing: Dec. 12 11:15-12:15

**Southland Leisure Centre: Tues. Sept 20 – Thurs, December 8 @ 9:15 - 10:15am (Tues/Thurs class, Instructors: Sharon, Cindy)**

- Maximum participants: 12, minimum participants 8
- (24 classes, 2 testing days)  
Baseline testing: Tues, Sept.20 @ 9:15am-10:15am; 12 Week Testing: Tues, Dec. 6 @ 9:15-10:15am (last class on Dec 8)

**Genesis Place – Airdrie: Mon. Monday, September 19 – Monday, December 12 @ 1:30pm-2:30pm (Mon/Wed class, Instructors: Dawn) No class Monday, Oct. 10, 2022.**

- Maximum participants: 10, minimum participants 8
- (24 classes, 2 testing days), no class Monday, Oct. 10, 2022
- Baseline testing: Sept 19 @ 1:30pm-2:30pm; 12 Week Testing: Dec. 12 @ 1:30-2:30pm

## **Fall 2022 ACE Virtual Baseline Classes**

- **Tuesday/Thursday @ 9:30-10:30am**  
Tues. September 20 – Thurs, December 1, 2022 (Tues/Thursday class; Instructor: Nicole S)  
22 classes – virtual testing outside of class time
- **Monday/Wednesday @ 4:45-5:45pm**  
Mon. September 19 – Monday, December 5 @ 4:45pm-5:45pm (Mon/Wed class, Instructor: Madison) No class Monday, Oct. 10, 2022  
22 classes – virtual testing outside of class time