

ACE PROGRAM OPTIONS – GRANDE PRAIRIE

WINTER 2023

- The ACE program options available for individuals in Grande Prairie and area will be **virtual** for the Winter 2023 session.
- If you chose to participate, you will be asked to complete a virtual fitness assessment online using zoom 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 Winter session or for more information:
 - Email: albertacancerexercise@ualberta.ca
 - Phone: 780-492-6007
- **Note:** Class schedule may be subject to change based on demand.

Virtual Class Options:

Daytime

- 1) Mondays & Wednesdays @ 9:30 – 10:30am, Jan 23 – Apr 12. *No class Feb 20 or Apr 10.*
- 2) Mondays & Wednesdays @ 1:00 – 2:00pm, Jan 23 – Apr 12. *No class Feb 20 or Apr 10.*
- 3) Tuesdays & Thursdays @ 11:00am – 12:00pm, Jan 24 – Apr 6.

Evening

- 4) Tuesdays @ 6:30 – 7:30pm, Jan 24 – Apr 4.
 - If you choose this class, options to complete a 2nd exercise session each week will be discussed at the time of program registration.