

## ACE Edmonton Program Options - Winter 2023

- Participants in both the in-person and virtual programs complete **two 1-hour exercise classes each week** that are led by an ACE instructor.
- Please contact the Edmonton team to enrol for the Winter session or for more information:
  - Email: [albertacancerexercise@ualberta.ca](mailto:albertacancerexercise@ualberta.ca)
  - Phone: 780-492-6007
- **Note:** Class schedules may be subject to change based on demand.

### In-Person Classes

- Participants will complete a fitness assessment before and after the exercise program, which will generally be at your program location on the first and last day of the session.

### Circuit Training

- At the YMCAs, participants join a 1-hour group fitness class. After the instructor demonstrates the exercises, the group will complete a warm-up, 2 rounds of 8 exercises (with breaks in between!) designed to work you from head to toe, and finish with a cool-down.

### Castle Downs YMCA

**Location:** North Edmonton @ 11510 153 Ave.

**Class Times:** Tuesdays & Thursdays @ 2:45 – 3:45 pm, Jan 19 – Apr 11.

**Additional Notes:** Free parking. Walking distance (about 0.5 km) from Castle Downs Transit Centre.

**Facility Website:** <https://northernalberta.ymca.ca/Regions/Edmonton-Region/Edmonton-North/Castle-Downs-Family-YMCA>

### Jamie Platz YMCA

**Location:** West Edmonton @ 7121 178 St.

**Class Times:** Mondays & Fridays @ 11:30am – 12:30pm, Jan 20 – Apr 21. *No class Feb 20, Apr 7 & 10.*

**Additional Notes:** Free parking. ETS bus stops nearby on 178 St and 69 Ave.

**Facility Website:** <https://northernalberta.ymca.ca/Regions/Edmonton-Region/Edmonton-West/Jamie-Platz-Family-YMCA>

## William Lutsky YMCA

**Location:** South Edmonton @ 1975 111 St.

**Class Times:** Mondays & Wednesdays @ 11:30am – 12:30pm, Jan 18 – Apr 17. *No class Feb 20 or Apr 10.*

**Additional Notes:** Free parking. Walking distance from LRT (just under 1 km from Century Park Station) and ETS bus stops nearby on 111 St.

**Facility Website:** <https://northernalberta.ymca.ca/Regions/Edmonton-Region/Edmonton-South/William-Lutsky-Family-YMCA>

## Group Personal Training

- At these locations you will complete a 1-hour workout starting with a cardio warm-up (treadmill, bike, elliptical,...) followed by 8 to 10 strength exercises along with core and balance exercises, and finishing with stretching.

## Wellspring Edmonton

**Location:** South Edmonton @ 11306 65 Ave.

**Class Times:** Tuesdays & Thursdays from 9:00am – 2:30 pm, Jan 24 – Apr 6.

**NOTE:** 1-hour appointments booked every 30 min; latest start time @ 1:30 pm.

**Additional Notes:** Free parking. Walking distance from LRT (about 0.5 km from South Campus/Fort Edmonton Station) and ETS bus stops nearby on 113 St.

**Facility Website:** <https://wellspring.ca/edmonton/>

## Cancer Rehab Clinic @ Corbett Hall, University of Alberta

**Location:** U of A Main Campus @ 8205 114 St; Corbett Hall Room 1-38 (Basement)

**Times Available:** Individually booked appointments, Jan 23 – Apr 6.  
*No class Feb 20, Apr 7 or 10.*

**Additional Notes:** Parking costs covered by ACE program. Walking distance from LRT (about 1.5 blocks from Health Sciences/Jubilee Station) and ETS bus stops nearby on 114 St.

**Facility Website:** <https://www.ualberta.ca/rehabilitation/about-us/student-resources/student-clinics-and-programs/cancer-rehabilitation-clinic>

## Virtual Classes

- All virtual exercise classes are live and led by an ACE instructor using zoom.
- Virtual classes are similar in format to the “Circuit Training” classes described above, but with a minimal amount of equipment needed.
- Participants will complete a fitness assessment before and after the exercise program. The fitness assessment will be completed either:
  - **In-person** at the Cancer Rehabilitation Clinic at the University of Alberta if possible.
  - OR**
  - **Virtually** online using zoom.

## **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.

## **Evenings**

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