

ACE Calgary 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 ACE team to enrol for the Winter session or for more information:
 - Email: ace@ucalgary.ca
 - Phone: 403-210-8482
- **Note:** Class schedules may be subject to change based on demand.

In-Person Classes *(Virtual class options on page 2)*

Thrive Centre

Location: University of Calgary, Kinesiology Complex.

Class Times: Mondays & Wednesdays @ 1:00 – 2:00pm, Jan 9 – Apr 3. *No class Feb 20.*

Facility Website:

<https://kinesiology.ucalgary.ca/labs/health-and-wellness/resources/thrive-centre>

Sir Winston Churchill Aquatic and Recreation Centre

Location: 1520 Northmount Drive NW.

Class Times: Wednesdays & Fridays @ 11:15am – 12:15pm, Jan 11 – Mar 31.

Facility Website: <http://www.calgary.ca/CSPS/Recreation/Pages/Pool/Sir-Winston-Churchill.aspx>

Southland Leisure Centre

Location: 2000 Southland Drive SW.

Class Times: Tuesdays & Thursdays @ 9:15 – 10:15am, Jan 10 – Mar 30.

Facility Website: <http://www.calgary.ca/CSPS/Recreation/Pages/Leisure-centres/Southland.aspx>

Airdrie – Genesis Place

Location: 800 East Lake Blvd NE, Airdrie, AB.

Class Times: Mondays & Wednesdays @ 1:30 – 2:30pm, Jan 9 – Apr 3. *No class Feb 20.*

Facility Website: <https://www.airdrie.ca/index.cfm?serviceID=16>

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.