

ACE Red Deer Program Options – Spring 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.
- Participants will complete online questionnaires and a virtual fitness assessment before and after the exercise program.
- Please contact the ACE team to enrol for the Spring session or for more information:
 - Email: albertacancerexercise@ualberta.ca
 - Phone: 780-492-6007
- **Note:** Class schedule may be subject to change based on demand.

In-Person Class

Location: Collicutt Centre, 3031 30th Avenue, Red Deer.

Class Times: Tuesdays & Thursdays 11:00am –12:00pm, April 18 – June 22.

Program Offering: Circuit Training Class.

Facility Website: <http://reddeer.ca/recreation-and-culture/recreation/recreationfacilities/collicutt-centre/>

PLEASE NOTE: This class is live-streamed with participants joining virtually as well.

Virtual Classes

- All virtual exercise classes are live and led by an ACE instructor using zoom.

Options:

- 1) Mondays & Wednesdays @ 9:30 – 10:30am, April 17 – June 26.
 - 10-week program (20 exercises classes). *No class May 22.*
- 2) Mondays & Wednesdays @ 4:15 – 5:15pm, April 3 – June 21.
 - 11-week program (22 exercises classes). *No class April 10 or May 22.*
- 3) Tuesdays & Thursdays @ 11:00am – 12:00pm, April 18 – June 22.
 - 10-week program (20 exercises classes).