

ACE RED DEER PROGRAM OPTIONS – SPRING 2022

- We strongly encourage individuals who wish to participate in the **in-person class** be fully vaccinated for Covid-19. A third booster dose is also recommended for those who are eligible.
- It is also recommended that you:
 - Wear masks within facilities and during exercise when possible.
 - Maintain social distancing whenever possible.
 - Complete the Alberta Health Daily Checklist prior to attending each class.

You may also be required to follow additional facility-specific guidelines.

The above recommendations are made with the well-being of all of our participants, instructors, and facility staff being of the utmost concern.

- For those who prefer to attend a **virtual class**, the details of these program can be found at the end of this document.

We strongly encourage those individuals who are not fully vaccinated to consider participating in one of our virtual classes as well.

- 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 Study 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 or a change in Covid-19 guidelines/restrictions.

In-Person Class

Collicutt Centre

PLEASE NOTE: If there is not enough demand for the in-person class, participants will have the option to join one of the virtual classes.

Location: 3031 30th Avenue, Red Deer.

Fitness Testing: Participants will be booked for a **virtual fitness assessment** before and after the exercise program.

Class Times: Tuesdays & Thursdays 11:00am –12:00pm, Apr 12 – Jun 16.

Program Offering: Circuit Training Class.

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

Virtual Classes

- All virtual exercise classes are live and led by an ACE instructor using zoom.
- Participants will complete a virtual fitness assessment before and after the exercise program.

Daytime

Class Times: Mondays & Wednesdays @ 9:30 – 10:30am.

Class Dates: Apr 11 – Jun 22. *No class Apr 18 or May 23.*

Class Times: Tuesdays & Thursdays @ 11:00am – 12:00pm.

Class Dates: Apr 12 – Jun 16.

Evenings

Class Times: Tuesdays & Thursdays @ 6:30 – 7:30pm.

Class Dates: Apr 12 – Jun 16.