

ACE CALGARY PROGRAM OPTIONS – Fall 2020

Virtual Classes

- Due to the COVID-19 Pandemic, all programs will be delivered virtually for the Fall 2020 session.
- Participants will complete **2 virtual exercise sessions each week** that will be live and led by an instructor.
- Participants will be asked to complete a virtual fitness assessment before and after the 12-week exercise program.

Note: *Class schedule may be subject to change based on demand.*

Virtual Session 1

Class Times: Mondays & Wednesdays @ 1:00 – 2:00 pm.

Class Dates: Sep 14 – Dec 9, 2020.

Note: No class on Thanksgiving (Mon, Oct 12) or Remembrance (Wed, Nov 11) Day.

Virtual Session 2

Class Times: Mondays & Wednesdays @ 4:45 – 5:45 pm.

Class Dates: Sep 14 – Dec 9, 2020.

Note: No class on Thanksgiving (Mon, Oct 12) or Remembrance (Wed, Nov 11) Day.

Virtual Session 3

Class Times: Tuesdays & Thursdays @ 9:00 – 10:00 am.

Class Dates: Sep 15 – Dec 3, 2020.