

ACE EDMONTON PROGRAM OPTIONS – Winter 2021

Virtual Classes

- Due to the COVID-19 Pandemic, all programs will be delivered virtually for the Winter 2021 session.
- Participants will complete a virtual fitness assessment before and after the exercise program.
- The 12-week exercise program includes 2 virtual group exercise classes per week that will be live and led by an ACE instructor.
 - An additional ACE staff will join the class to help participants perform the exercises properly and safely.
- The format for the classes is Circuit Training. In each 1-hour class you will:
 - Start with a warm-up.
 - Complete a full-body workout with 8 exercises that will work on your: upper body, lower body, and core strength; balance; and endurance.
 - 2 rounds of the 8 exercises are completed each class.
 - 3 options are demonstrated for each exercise so everyone can be challenged at a proper level.
 - Finish with a cool-down.
- Please contact the Edmonton team to enrol for the Winter session or for more information:
 - Email: frmace@ualberta.ca
 - Phone: 780-492-6007
- **Note:** Class schedule may be subject to change based on demand.

Option 1

Class Times: Mondays & Wednesdays @ 11:30am – 12:30pm

Class Dates: January 11 – March 29, 2021 (*no class on Mon, Feb 15*)

Option 2

Class Times: Mondays & Wednesdays @ 2:00 – 3:00pm

Class Dates: January 11 – March 29, 2021 (*no class on Mon, Feb 15*)

Option 3

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

Class Dates: January 12 – March 25, 2021

Option 4 – Evenings

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

Class Dates: January 12 – March 25, 2021