

ACE GRANDE PRAIRIE PROGRAM OPTIONS – Fall 2020

Virtual Classes

- Due to the COVID-19 Pandemic, all programs will be delivered virtually and led by our Edmonton ACE Team 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.
- Please contact the Edmonton team to enrol for the Fall session or for more information:
 - Email: frmace@ualberta.ca
 - Phone: 780-492-6007
- **Note:** Class schedule may be subject to change based on demand.

Program Options:

OPTION 1

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

Class Dates: Sep 21 – Dec 9, 2020; *No class on Mon, Oct 12 or Wed, Nov 11.*

Program Offering: Circuit Training.

OPTION 2

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

Class Dates: Sep 21 – Dec 9, 2020; *No class on Mon, Oct 12 or Wed, Nov 11.*

Program Offering: Circuit Training.

OPTION 3

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

Class Dates: Sep 22 – Dec 3, 2020.

Program Offering: Circuit Training.

OPTION 4 – Evenings (*pending demand*)

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

Class Dates: Sep 22 – Dec 3, 2020.

Program Offering: Circuit Training.