

ACE EDMONTON PROGRAM SCHEDULE

SPRING 2021

Virtual Classes

- Due to the COVID-19 Pandemic, all programs will be delivered virtually for the Spring 2021 session.
- If you chose to participate, you will be asked to complete a virtual fitness assessment and study questionnaires both 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.
- Please contact the Edmonton 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.

Session 1

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

Class Dates: April 7 – June 23, 2021 (*no class on Monday, May 24*)

Session 2

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

Class Dates: April 7 – June 23, 2021 (*no class on Monday, May 24*)

Session 3 – led by our partners Wellspring Edmonton

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

Class Dates: April 6 – June 17, 2021

Session 4 – led by our partners at the Collicutt Centre in Red Deer

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

Class Dates: April 6 – June 17, 2021

Session 5 – Evenings

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

Class Dates: April 6 – June 17, 2021