



Northside Community Centre YMCA

Adult Programs | September 6–December 23

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--------------------------------------|---|----------------------------------|
| Step* 9:30–10:20am | Strength* 9:30–10:20am | | Stretch & Mobility* 9:30–10:20am | Cardio & Strength* 9:30–10:20am | Cardio & Strength* 10–10:50am |
| Adult Drop-in Pickleball 11am–1pm | Gentlefit– Strength* 10:30–11:20am | Red Deer Arts Council–Hub** 10:30–3:30pm | | | |
| | Cardio & Strength* 12:10–12:50pm | | Step* 12:10–12:50pm | Adult Drop-in Pickleball 12:45–2:45pm | |
| Cardio & Strength* 6–6:50pm | Yoga* 6:15–7:05pm | Cycle* 6–6:50pm | Barre* 6:15–7:05pm | | |
| | Adult Drop-in Basketball 7–9pm | | Adult Drop-in Basketball 7–9pm | | |

**Red Deer Arts Council–Hub - Events

All events are drop-in and open to the public.
Mixed Media Visual Arts 10:30am–12pm
Strum & Drum 1–2pm
Karaoke 2:30–3:30pm

**Pre-register up to 3 days in advance.*



Registration

To register & for more information,
please visit ymcanab.ca/register

