

Northside Community Centre YMCA

Adult Programs | March 6–April 30

Facility Hours

Monday–Friday: 9am–9pm
 Saturday: 10am–1pm
 Sunday & Holidays: Closed

6391 76 Street
 Red Deer, AB T4P 3E9
 403-967-YMCA (9622)

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

FEES Rec Sport/Art in the Afternoon: \$4 drop-in fee
 Group Fitness: \$7 drop-in fee

NOTES *Pre-register up to 3 days in advance.
¹Free drop-in program



Registration

Register and discover our programs at
ymcanab.ca/register

