

Northside Community Centre YMCA

Adult Programs | May 1 – June 30

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	<i>FREE Community Saturdays</i> Cardio & Strength¹ 10–10:50am Community Saturdays Drop-In¹ 11am–1pm
Adult Drop-In Pickleball 10:30am–12:30pm	Gentlefit Strength* 10:30–11:20am	HUB** Mixed Media Visual Arts 10:30am–12pm Strum & Drum 1–2pm Karaoke 2:30–3:30pm	Stretch & Mobility* 10:30–11:20am		
Adult Art in the Afternoon 1:30–3:30pm	Cardio & Strength* 12:10–12:50pm		Cycle* 12:10–12:50pm	Adult Drop-In Pickleball 12:45–2:45pm	
	Yoga* 6:15–7:05pm		Cycle* 6:15–7:05pm		
Adult Drop-In Pickleball 7–9pm	Adult Drop-In Basketball 7–9pm	Adult Drop-In Ball Hockey 7–9pm	Adult Drop-In Volleyball 7–9pm		

FEES

Rec Sports/Art in the Afternoon: \$4 drop-in fee

Group Fitness: \$7 drop-in fee

****Red Deer Arts Council — Hub**

All events are drop-in and open to the public

NOTES

*Pre-register up to 3 days in advance.

¹Free drop-in program/all ages for Community Saturdays



Registration

Register and discover our programs at

ymcanab.ca/register