

# Northside Community Centre YMCA

## Adult Programs | September 5 – December 22

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
<b>Step*</b> 9:30-10:20am		<b>Strength*</b> 9:30-10:20am	<b>Coffee Connect</b> 10:30am-12:30pm <i>Begins Oct. 5th</i>	<b>Cardio &amp; Strength*</b> 9:30-10:20am	<b>Cardio &amp; Strength<sup>1</sup></b> 10:00-10:50am
<b>Adult Drop-In Pickleball</b> 10:30am-12:30pm	<b>Gentlefit Strength*</b> 10:30-11:20am		<b>Stretch &amp; Mobility*</b> 10:30-11:20am		<b>Open Gym<sup>1</sup></b> 11:00am-1:00pm
<b>Art in the Afternoon</b> 1:00-3:00pm	<b>Cardio &amp; Strength*</b> 12:10-12:50pm	<b>HUB 2.0**</b> See Below	<b>Cycle*</b> 12:10-12:50pm	<b>Adult Drop-In Pickleball</b> 12:45-2:45pm	
	<b>Cycle TRX*</b> 6:15-7:15pm		<b>Gentlefit Yoga*</b> 6:15-7:05pm <i>Begins Sept. 21</i>		
<b>Adult Drop-In Volleyball</b> 7-9pm	<b>Adult Drop-In Basketball</b> 7-9pm	<b>Adult Drop-In Ball Hockey</b> 7-9pm	<b>Adult Drop-In Pickleball</b> 7-9pm		

### Fees

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

### Notes

\*Pre-register up to 3 days in advance.  
<sup>1</sup>Free drop-in program/all ages for Community Saturdays

### \*\*Red Deer Arts Council – Hub

All events are drop-in and open to the public  
 Mixed Media Visual Arts: 10:30am-12:00pm  
 Strum & Drum: 1:00-2:00pm  
 Open Stage: 2:30-3:30pm



## Registration

Register and discover our programs at  
[ymcanab.ca/register](http://ymcanab.ca/register)