

# Northside Community Centre YMCA

## Adult Programs | January 8 – March 8

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>Drop-in Badminton (55+)</b> 8:30-10:30am	<b>Strength*</b> 9:30-10:20am	<b>Drop-in Pickleball (55+)</b> 8:30-10:30am	<b>Cardio &amp; Strength*</b> 9:30-10:20am	<b>Cardio &amp; Strength<sup>1</sup></b> 10:00-10:50am
<b>Cycle TRX*</b> 10:30-11:30am	<b>Gentle Fit Strength*</b> 10:30-11:20am	<b>Gentle Fit Cardio*</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>Adult Drop-In Pickleball</b> 10:30am-12:30pm		<b>HUB 2.0**</b> See Below	<b>Coffee Connect<sup>2</sup></b> 10:30-12:30pm	<b>Adult Drop-In Pickleball</b> 12:45-2:45pm	
<b>Art in the Afternoon</b> 1:00-3:00pm	<b>Cardio &amp; Strength*</b> 12:10-12:50pm		<b>Cycle*</b> 12:10-12:50pm		
	<b>Cycle TRX*</b> 6:15-7:15pm		<b>Gentle Fit Yoga*</b> 6:15-7:05pm		
<b>Adult Drop-In Volleyball</b> 7-9pm	<b>Adult Drop-In Basketball</b> 7-9pm		<b>Adult Drop-In Pickleball</b> 7-9pm		

### Fees

Rec Sports/Art in the Afternoon: \$5 drop-in fee  
 Group Fitness: \$7 drop-in fee

**\*\*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  
 sOpen Stage: 2:30-3:30pm

### Notes

\*Pre-register up to 7 days in advance.  
<sup>1</sup>Free drop-in program/all ages for Community Saturdays  
<sup>2</sup>Coffee, tea, and games provided for social time (ages 18+)



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

