

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
Step* 9:30-10:20am	Drop-in Badminton (55+) 8:30-10:30am	Strength* 9:30-10:20am	Drop-in Pickleball (55+) 8:30-10:30am	Cardio & Strength* 9:30-10:20am	Cardio & Strength¹ 10:00-10:50am
Cycle TRX* 10:30-11:30am	Gentle Fit Strength* 10:30-11:20am	Gentle Fit Cardio* 10:30-11:20am	Stretch & Mobility* 10:30-11:20am		Open Gym¹ 11:00am-1:00pm
Adult Drop-In Pickleball 10:30am-12:30pm		HUB 2.0** See Below	Coffee Connect² 10:30-12:30pm	Adult Drop-In Pickleball 12:45-2:45pm	
Art in the Afternoon 1:00-3:00pm	Cardio & Strength* 12:10-12:50pm		Cycle* 12:10-12:50pm		
	Cycle TRX* 6:15-7:15pm		Gentle Fit Yoga* 6:15-7:05pm		
Adult Drop-In Volleyball 7-9pm	Adult Drop-In Basketball 7-9pm		Adult Drop-In Pickleball 7-9pm		

Fees

Rec Sports/Art in the Afternoon: \$5 drop-in fee
 Group Fitness: \$8 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
 Open Stage: 2:30-3:30pm

Notes

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



Registration
 Register and discover our programs at
ymcanab.ca/register