

Northside Community Centre YMCA

Adult Programs | July 2 – August 25

Monday-Tuesday: 8am-9pm
 Wednesday-Friday: 8am-6pm
 Saturday: 10am-12pm
 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				Cardio & Strength* 9:30-10:20am	
	Gentle Fit Strength* 10:30-11:20am		Stretch & Mobility* 10:30-11:20am		
		HUB 2.0** See Below	Drop-in Pickleball 10:30-12:30pm		
	Cardio & Strength* 12:10-12:50pm		Cycle* 12:10-12:50pm		
	Cycle-TRX* 5:15-6:15pm				
Adult Drop-in Pickleball 7-9pm	Adult Drop-in Basketball 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
 Open Stage: 12:30-2:00pm

Notes

*Pre-register up to 7 days in advance.



Shine On

Registration

Register and discover our programs at
ymcanab.ca/register