

Northside Community Centre YMCA

Adult Programs | September 3-December 20



Monday-Friday: 8:15am-9pm
 Saturday: 9am-1pm
 Sunday & Holidays: Closed

6391 76 Street
 Red Deer, AB T4P 3E9
 403-967-YMCA (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Step* 9:30-10:20am	Drop-in Badminton (55+) 8:30-10:30am	Cycle-TRX* 9:15-10:15am	Drop-in Pickleball (55+) 8:30-10:30am	Cardio & Strength* 9:30-10:20am
Drop-in Pickleball (16+) 10:30am-12:30pm	Gentle Fit Strength* 10:30-11:20am	Gentle Fit Cardio* 10:30-11:20am	Stretch & Mobility* 10:30-11:20am	
Art in the Afternoon 1-3pm	Cardio & Strength* 12:10-12:50pm		Cycle* 12:10-12:50pm	Adult Drop-in Pickleball (16+) 12:45-2:45pm
Cardio & Strength* 4:30-5:20pm		Strength* 4:30-5:20pm		
Cycle-TRX* 6:15-7:15pm			Yoga Sculpt* 6:15-7:05pm	
Drop-in Pickleball (16+) 7-9pm	Drop-in Basketball (16+) 7-9pm	Drop-in Basketball (16+) 7-9pm	Drop-in Pickleball (16+) 7-9pm	

Fees:

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

Notes:

- *Pre-register the Friday prior.
- ¹Free class for community members.
- ²Free drop-in program for all ages for Community Saturday's

SATURDAY	SUNDAY
Drop-in Pickleball (16+) 9am-11am	
Cardio & Strength¹ 10-10:50am	
Community Open Gym² 11am-1pm	

Register & discover our programs at:
ymcanab.ca/register