

Northside Community Centre YMCA

Group Fitness & Rec Sport | January 6 - March 30



Monday-Friday: 8:15am-9:00pm
 Saturday: 8:45am-1pm
 Sunday: 8:45am-3:45pm

Fees:
Rec-Sport: \$5.50 drop-in
Group Fitness: \$7.50 drop-in

6391 76 Street
 Red Deer, Alberta T4P 3E9
 403.967.YMCA (9622)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|--|
| Step* 9:30-10:20am | Drop-in Pickleball (16+) 8:30-10:30am | | Drop-in Pickleball (55+) 8:30-10:30am | Cardio & Strength* 9:30-10:20am | Drop-in Pickleball (16+) 9-11am | Drop-in Pickleball (16+) 10am-1pm |
| | Gentle Fit Strength* 10:30-11:20am | Gentle Fit Cardio* 10:30-11:20am | Stretch & Mobility* 10:30-11:20am | | Cardio & Strength¹ 10-10:50am | Drop-in Basketball (16+) 1:30-3:30pm |
| Drop-in Pickleball (16+) 10:30am-12:30pm | | | | Drop-in Pickleball (16+) 12:45-2:45pm | Community Open Gym² 11am-1pm | |
| Strength* 12:10-12:50pm | Cardio & Strength* 12:10-12:50pm | Yoga* 12:10-12:50pm | Cycle* 12:10-12:50pm | Notes: *Pre-register the Friday before ¹ Free class for community members ² Free drop-in program for all ages for Community Saturday's Yoga Sculpt starts on January 16, 2025. Art in the Afternoon: Monday's, 1-3pm, \$5.50 drop-in | | |
| | Cycle-Strength* 6:15-7:15pm | Strength* 4:30-5:20pm | 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 | | | |

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