

# Northside Community Centre YMCA

Group Fitness & Rec Sport | March 31-June 29



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
<b>Step*</b> 9:30-10:20am	<b>Drop-in Pickleball (16+)</b> 8:30-10:30am		<b>Drop-in Pickleball (55+)</b> 8:30-10:30am	<b>Cardio &amp; Strength*</b> 9:30-10:20am	<b>Drop-in Pickleball (16+)</b> 9-11am	<b>Drop-in Pickleball (16+)</b> 10am-1pm
	<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>Cardio &amp; Strength<sup>1</sup></b> 10-10:50am	<b>Drop-in Basketball (16+)</b> 1:30-3:30pm
<b>Drop-in Pickleball (16+)</b> 10:30am-12:30pm				<b>Drop-in Pickleball (16+)</b> 12:45-2:45pm	<b>Community Open Gym<sup>2</sup></b> 11am-1pm	
<b>Strength*</b> 12:10-12:50pm	<b>Cardio &amp; Strength*</b> 12:10-12:50pm	<b>Yoga*</b> 12:10-12:50pm	<b>Cycle*</b> 12:10-12:50pm	<b>Notes:</b> *Pre-register the Friday before <sup>1</sup> Free class for community members – runs until April 26, 2025 <sup>2</sup> Free drop-in program for all ages for Community Saturday's		
	<b>Cycle-Strength*</b> 6:15-7:15pm	<b>Strength*</b> 4:30-5:20pm	<b>Yoga Sculpt*</b> 6:15-7:05pm			
<b>Drop-in Pickleball (16+)</b> 7-9pm	<b>Drop-in Basketball (16+)</b> 7-9pm	<b>Drop-in Basketball (16+)</b> 7-9pm	<b>Drop-in Pickleball (16+)</b> 7-9pm	<b>Art in the Afternoon:</b> Monday's, 1-3pm, \$5.50 drop-in		

**Register & Discover our programs at:**  
[ymcanab.ca/register](http://ymcanab.ca/register)