

# Northside Community Centre YMCA

Group Fitness & Rec Sport | June 30-August 24



Monday-Friday: 7:30am-9:00pm  
Saturday: 8:45am-1pm  
Sunday: 8:45am-1pm

## 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>Cardio &amp; Strength*</b> 9:30-10:20am	<b>Drop-in Pickleball (16+)</b> 9-11am	<b>Drop-in Pickleball (16+)</b> 9am-11am
	<b>Gentle Fit Strength*</b> 10:30-11:20am		<b>Stretch &amp; Mobility*</b> 10:30-11:20am		<b>Cardio &amp; Strength*</b> 9:00-9:50am	<b>Community Open Gym<sup>1</sup></b> 11am-1pm
<b>Drop-in Pickleball (16+)</b> 10:30am-12:30pm			<b>Drop-in Pickleball (16+)</b> 10:30am-12:30pm		<b>Community Open Gym<sup>1</sup></b> 11am-1pm	
<b>Strength*</b> 12:10-12:50pm	<b>Cardio &amp; Strength*</b> 12:10-12:50pm		<b>Cycle*</b> 12:10-12:50pm	<b>Notes:</b> <i>*Pre-register the Friday before</i> <i><sup>1</sup>Free drop-in program for all ages for Community Saturday's</i>		
		<b>Step*</b> 5:15-6:05pm	<b>Strength - LIFT*</b> 5:15-6:15pm			
<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			

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