

Northside Community Centre YMCA

Group Fitness & Rec Sport | September-December 2025

**Hours:**

Monday-Friday: 8:15am-9:00pm
Saturday, Sunday: 8:45am-3:30pm
Holidays: CLOSED

Fees:

Rec-Sport: \$5.50 drop-in | 10-Visit Punch Card: \$49.50
Group Fitness: \$7.50 drop-in | 10-Visit Punch Card: \$67.50

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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	Strength* 9:30-10:20am	Drop-in Pickleball (55+) 8:30-10:30am	Cardio & Strength* 9:30-10:20am	Drop-in Pickleball (16+) 9:30am-12:30pm	Drop-in Pickleball (16+) 9:30am-12:30pm
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		Cardio & Strength* 10-10:50am	Stretch & Mobility* 10-10:50am
Strength* 12:10-12:50pm	Cardio & Strength* 12:10-12:50pm		Cycle* 12:10-12:50pm	Drop-in Pickleball (16+) 12:45-2:45pm	Drop-in Basketball (16+) 1-3pm	Family Open Gym** 1-3pm
Cycle-Strength* 5:15-6:15pm		Cardio Kickbox* 5:15-6:05pm	Strength-LIFT* 5:15-6:15pm	Notes: <i>*Pre-register 10-days in advance</i> <i>**Free open gym time for community members</i> Art in the Afternoon: <i>Monday's, 1-3pm, \$5.50 drop-in</i>		
			Yoga Sculpt* 6:30-7:20pm			
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