

# Eagle Ridge Community Centre YMCA

Group Fitness | January-March 2026



**Fees:**

Group Fitness: \$8.10 drop-in | 10-Visit Punch Card: \$80.33

2-301 Sparrowhawk Drive  
Fort McMurray, Alberta  
T9K 1S5

| MONDAY                            | TUESDAY  | WEDNESDAY  | THURSDAY                                       |  |
|-----------------------------------|--|--|--|--|
| <b>Yoga Sculpt</b><br>3:30-4:30pm | <b>Strength – Women's Only</b><br>9:00-10:00am | <b>Drop-in Strength Gentle Fit</b><br>9:30-10:30am | <b>Strength – Women's Only</b><br>9:00-10:00am | <b>Notes:</b><br><i>*Pre-register 10-days in advance</i> |

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