

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	Notes: <i>*Pre-register 10-days in advance</i>
Yoga Sculpt 3:30-4:30pm	Strength – Women’s Only 9:00-10:00am	Drop-in Strength Gentle Fit 9:30-10:30am	Strength – Women’s Only 9:00-10:00am	

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