

# Northside Community Centre YMCA

Group Fitness & Rec Sport | January-March 2026



## Hours:

Monday-Friday: 8:15am-9:00pm  
Saturday, Sunday: 8:45am-4:45pm  
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

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> 10:30am-12:30pm		<b>Cardio &amp; Strength*</b> 9:30-10:20am	<b>Drop-in Pickleball (16+)</b> 9:30am-12:30pm	<b>Drop-in Pickleball (16+)</b> 9:30am-12:30pm
<b>Drop-in Pickleball (16+)</b> 10:30am-12:30pm	<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>Gentle Fit Strength*</b> 10:30-11:20am	<b>Cardio &amp; Strength*</b> 10-10:50am	
<b>Cycle*</b> 12:10-12:50pm	<b>Cardio &amp; Strength*</b> 12:10-12:50pm	<b>Strength*</b> 12:10-12:50pm	<b>Cycle*</b> 12:10-12:50pm	<b>Drop-in Pickleball (16+)</b> 12:45-2:45pm	<b>Drop-in Basketball (16+)</b> 1-3pm	<b>Family Open Gym**</b> 1-3pm
		<b>Step*</b> 5:15-6:05pm	<b>Strength-LIFT*<sup>1</sup></b> 5:15-6:15pm	<b>Notes:</b> *Pre-register 10-days in advance **Free open gym time for community members <sup>1</sup> Classes suspended between February 5-March 12, resuming the week of March 16, 2026		
	<b>Cycle-Strength*</b> 6:00-7:00pm		<b>Yoga Sculpt*<sup>1</sup></b> 6:30-7:20pm			
<b>Drop-in Pickleball (16+)</b> 7-9pm	<b>Drop-in Basketball (16+)</b> 7:45-9:45pm	<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)