

Northside Community Centre YMCA

Group Fitness & Rec Sport | May-June 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
Step* 9:30-10:20am		Drop-in Pickleball (16+) 10:30am-12:30pm		Cardio & Strength* 9:30-10:20am	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	Gentle Fit Strength* 10:30-11:20am	Cardio & Strength* 10-10:50am	Drop-in Pickleball (16+) 12:30-3:30pm
Cycle* 12:10-12:50pm	Cardio & Strength* 12:10-12:50pm		Cycle* 12:10-12:50pm	Drop-in Pickleball (16+) 12:45-2:45pm	Family Open Gym** 1-3pm	
Strength-LIFT*¹ 5:15-6:15pm		Step* 5:15-6:05pm	Strength-LIFT* 5:15-6:15pm	Notes: *Registration opens the Friday before classes **Free open gym time for community members ¹ Classes begin on June 8, 2026 Art in the Afternoon: Monday's, 1-3pm, \$5.50 drop-in		
			Yoga Sculpt* 6:30-7:20pm			
Drop-in Pickleball (16+) 7-9pm	Drop-in Basketball (16+) 7:45-9:45pm		Drop-in Pickleball (16+) 7-9pm			

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