

Northside Community Centre YMCA

Group Fitness & Rec Sport | July 2026



Hours:

Monday-Friday: 8:00am-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

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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				Cardio & Strength* 9:30-10:20am	Drop-in Pickleball (16+) 9:30am-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	Drop-in Pickleball (16+) 12:30-3:30pm
Drop-in Pickleball (16+) 11:30am-1:30pm	Cardio & Strength* 12:10-12:50pm	Drop-in Pickleball (16+) 11:30am-1:30pm	Cycle* 12:10-12:50pm		Family Open Gym** 1-3pm	
Strength-LIFT* 5:15-6:15pm		Step* 5:15-6:05pm	Strength-LIFT*¹ 5:15-6:15pm	Notes: *Registration opens the Friday before classes **Free open gym time for community members		
			Yoga Sculpt*¹ 6:30-7:20pm			
Drop-in Pickleball (16+) 7-9pm	Drop-in Basketball (16+) 7:45-9:45pm	Drop-in Basketball (16+) 7-9pm	Drop-in Pickleball (16+) 7-9pm			

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