

Northside Community Centre YMCA

Group Fitness & Rec Sport | September-December 2026



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	Strength* 12:10-12:50pm	Cycle* 12:10-12:50pm	Drop-in Pickleball (16+) 12:45-2:45pm		
Art in the Afternoon 1-3pm		Step* 5:15-6:05pm	Strength-LIFT* 5:15-6:15pm		Family Open Gym 1-3pm	
			Yoga Sculpt* 6:30-7:20pm	Fees: <i>Rec-Sport: \$5.50 drop-in 10-Visit Punch Card: \$49.50</i> <i>Group Fitness: \$7.50 drop-in 10-Visit Punch Card: \$67.50</i> <i>Art in the Afternoon: \$5.50 drop-in</i> <i>Family Open Gym is free to Community.</i>		
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			

Hours:

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

6391 76 Street
 Red Deer, Alberta T4P 3E9
 403.967.YMCA (9622)

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