

ADULT FITNESS & LIFESTYLE

NORTHSIDE COMMUNITY CENTRE | SPRING I SESSION | MARCH 2ND - APRIL 26TH

GROUP FITNESS | REGISTER OR DROP-IN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Cyclefit/TRX 9:20-10:20am	Step 9:20-10:20am	Strength 10:30-11:30am	Cardio Kickbox 9:20-10:20am	Step & Strength 9:20-10:20am		
HIIT 12:10-12:50pm	Cardio & Core 10:30-11:30am	Step & Strength 12:10-12:50pm	Yoga Stretch 10:30-11:30am	Cardio & Core 12:10-12:50pm	Family Fitness 11am-12pm	Cyclefit 11am-12pm
EVENING						
Cardio Kickbox 5-6pm		Boot Camp 4:30-5:30pm				
Cyclefit 6-6:45pm	Strength 6-7pm	Cyclefit 6-7pm	HIGH Fitness 6-7pm		<i>YMCA Childminding is available during all Group Fitness Classes, including 15 minutes before and after each class.</i>	
Yoga 7-8pm			Yoga Stretch 7-8pm			

CLASS DESCRIPTIONS

We offer group fitness classes for all fitness levels that will help you reach your goals in a fun, structured environment with a certified YMCA instructor. Drop-in or register online to reserve your spot at northernalberta.ymca.ca/register

Boot Camp | Improve your balance, speed, agility, and coordination with this high-intensity workout that uses both equipment and your own bodyweight.

Cardio Kickbox | Improve your fitness and have fun during this high-intensity workout full of choreographed kickboxing exercises.

Cardio & Core | Improve your fitness and have fun during this workout that combines low impact cardio moves and exercises designed to increase the strength and stability of your core.

Cyclefit | Challenge your cardio fitness as you cycle your way to good health. This workout guides you through drills such as hills, intervals, and sprints on the bike.

High Intensity Interval Training (HIIT) | Get the results you're looking for with this cardio and strength interval workout that uses short bursts of high-intensity activity, followed by short rest and recovery periods.

HIGH Fitness | Try interval training with intense, but easy-to-follow fitness choreography and music that you'll love.

Step | Develop your coordination and stamina with a high-energy, choreographed step workout.

Strength | Build endurance and coordination in this total-body strength training class.

TRX | The TRX Suspension Trainer is the original workout system that leverages gravity and your bodyweight to perform hundreds of exercises.

Yoga | Continue your pursuit of health, balance, and harmony by practicing the many postures and techniques of yoga. Yoga improves circulation, strength, and flexibility while increasing mindfulness and breath awareness.

Family Fitness | Join our motivating Zumba, Pound & HIGH Fitness instructors for an engaging family workout.

Pound combines drumming and music into a fun and energetic cardio/strength workout for all fitness levels.

Zumba fuses Latin rhythms with easy-to-follow moves to create a one-of-a-kind fitness program, mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

SPORTS & RECREATION | DROP-IN & OPEN GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Adult Pickleball 1-3pm		Adult Pickleball 1-3pm	Family Open Gym 9am-12pm		
Youth Open Gym 3-4:50pm	Youth Open Gym 3-4:50pm	Youth Open Gym 3-4:50pm	Youth Open Gym 3-4:50pm	Youth Open Gym 3-4:50pm		
Adult Open Gym 7-9pm	Family Open Gym 5-7pm	Adult Open Gym 7-9pm	Family Open Gym 5-7pm		Family Open Gym 12-3pm	Family Open Gym 11am-3pm
Adult Table Tennis 7-9pm	Adult Volleyball 7-9pm	Adult Table Tennis 7-9pm	Adult Basketball 7-9pm			

WAYS TO ACCESS

Drop-Ins

Group Fitness: \$7
Open Gym: \$4
Teen Night: \$4
Child Minding: \$5.25

10-Visit Punch Pass

Group Fitness: \$60
Open Gym: \$34
Child Minding: \$47.50

ROOM RENTALS

We're please to offer a variety of rental spaces including our Teaching Kitchen, Arts & Culture Room, Gymnasium, Multi-Purpose Room and more!

For more information, call 403-392-0208



Northside Community Centre
6391 76 Street
Red Deer, AB T4P 3E9
403-967-YMCA (9622)

Hours of Operation
Monday to Friday:
Saturday & Sunday
Statutory Holidays:

8:30am-9:00pm
10:30am-3:00pm
CLOSED

YMCA Registered Session Dates
Winter – January 6 to March 1
Spring I – March 2 to April 26
Spring II – April 27 to June 21

REGISTERED PROGRAMS

Winter Session – January 6 to March 1 • Spring I Session – March 2 to April 26 • Spring II Session – April 27 to June 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-Sport 3-5Y 11-11:45am			Creative Movement 3-5Y 11-11:45am		
Kids' Club 5-12Y 3-5pm	Kids' Club 5-12Y 3-5pm	Kids' Club 5-12Y 3-5pm	Kids' Club 5-12Y 3-5pm	Kids' Club 5-12Y 3-5pm	Soccer 6-9Y 11-11:55am
Basketball 6-9Y 5-5:55pm			Kids in the Kitchen 5-7Y 6-6:55pm		
Basketball 9-12Y 6-6:55pm	Kids in the Kitchen 4-5Y 6-6:55pm	Sports of All Sorts 6-9Y 5-5:55pm	Kids in the Kitchen 9-12Y 7-7:55pm		
Arts & Crafts 5-12Y 6-6:55pm	Kids in the Kitchen 7-9Y 7-7:55pm	Soccer 9-12Y 6-6:55pm	Leaders-in-Training 12-17Y 6-8pm		

CLASS DESCRIPTIONS & FEES

YMCA Child & Youth Programs help your child improve their skills, while promoting healthy attitudes and sportsmanship. Our programs build a foundation for physical fitness that will last a lifetime by helping kids get active in a fun, safe setting. Drop-in or register online to reserve your spot at northernalberta.ymca.ca/register

Arts & Crafts \$68 | Children will explore their artistic side through a variety of arts and craft projects and activities.

After School Kid's Club \$240 | This program fosters social development and physical literacy skills and allows your child to experience a variety of new activities, including active and creative options like crafts, active play, and sports. Registration includes all 5 weekdays that the program is offered.

Basketball \$48 | YMCA Basketball develops fundamental movement skills (Physical Literacy) and sports skills in an inclusive, values-based environment. Progressive movement and skill development, games, activities and modified scrimmages will be used to improve competence and confidence in a fun atmosphere.

Creative Movement \$48 | Participants will have fun as they explore creative expression and learn basic physical literacy skills through dance, yoga, and other artistic movements. Children will be encouraged to express their individual style and imagination while discovering the world of movement.

Kids in the Kitchen \$68 | Children prepare and taste simple recipes while learning and practicing kitchen safety skills.

Soccer \$48 | YMCA Soccer develops fundamental movement skills (Physical Literacy) and sports skills in an inclusive, values-based environment. Progressive movement and skill development, games, activities and modified scrimmages will be used to improve competence and confidence in a fun atmosphere.

Sports of All Sorts \$48 | These programs focus on sportsmanship and participation, where children and youth will develop sport skills through fun, progressive drills and games.

Pre-Sport \$48 | Develop fundamental movement skills (Physical Literacy) and sports skills in an inclusive, values-based environment. Progressive movement and skill development, games, activities in sports including soccer, floor hockey and basketball will be used to improve competence and confidence in a fun atmosphere.

Leaders-In-Training \$120 | Make friends, learn valuable skills and prepare for the real world by joining the Leaders in Training (LIT) program, a six-month program for youth. Have fun with your peers in exciting team-building activities and build your resume by participating in rewarding volunteer opportunities that teach skills and benefit the local community.

DROP-IN PROGRAMS & SERVICES

CHILD MINDING 0-12Y

This drop-in service offers you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment!

\$5.25/visit or \$47.50/10-visit Punch Pass

Available during all Group Fitness Classes including 15 min before & after each class!

TODDLER PARENTED PLAYTIME 0-5Y

A variety of sports and recreational equipment for your family to enjoy! \$2/visit

Wednesday 10am-12pm

FAMILY & YOUTH OPEN GYM

\$4/visit or \$34/10-visit Punch Pass

All Ages (Parent Supervision Required for Children 7 Years and Under)

Tu/Th 5-7pm
Friday 9am-12pm
Saturday 12-3pm
Sunday 11am-3pm

Youth 8-17Y

Mon-Fri 3-4:50pm

YOUTH CENTRE 8-17Y

Our youth centre is a safe and inclusive place to drop in after school and on the weekend. We offer traditional board games, air hockey, foosball, Nintendo switch, book library, cards, table tennis and more. \$4/visit

Monday – Thursday 3-7pm
Friday 3-6pm & 6-9pm
Saturday 12-3pm
Sunday 10:30am-3pm

TEEN NIGHT 13-17Y

An opportunity for youth to connect and to participate in activities in both the gym and our youth centre. Play basketball, badminton, table tennis, air hockey, board games, Nintendo Switch and more at the YMCA! \$4/visit

Friday 6-9pm

ARTS & CULTURE WORKSHOPS

The Northside Community Centre is excited to offer a variety of exciting arts & culture workshops for families!

Follow us on social media or visit our website for upcoming workshops and events!



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