



YMCA Eagle Ridge Community Centre

Registration for kids' programs is now open, for Group Fitness, participants must sign up ahead of time.

Adult Programs (Sept.7 - Dec.17, 2021)

Cycle (Mondays 9:30- 10:20 AM)

Gentle Yoga (Mondays 6:30-7:20 PM)

Gentle Yoga (Tuesdays 9:30-10:20 AM)

Strength (Tuesdays 6:30-7:20 PM)

Barre (Wednesdays 9:30-10:20 AM)

Zumba (Wednesdays 6:30- 7:20 PM)

Gentle Yoga (Thursdays 9:30-10:20 AM)

Cardio Dance (Thursdays 6:30-7:20 PM)

Cardio & Strength (Fridays 9:30-10:20 AM)

Childrens' Programs

Creative Movement (Ages 3-5)

Mondays 9:25-10:20 AM (starting Sept.20)
\$40.00 (+gst) for 5 classes

Wednesdays 9:25-10:20 AM (starting Sept.22)
\$48.00 (+gst) for 6 classes

Kid's Club (Ages 6-9)

Tuesdays 6:25-7:20 PM (starting Sept.21)
\$48.00 (+gst) for 6 classes

Kid's Club (Ages 9-12)

Thursdays 6:25-7:20 PM (starting Sept.23)
\$48.00 (+gst) for 6 classes

Note: All programs have maximum capacities



Registration

To register & for more information,
please visit northernalberta.ymca.ca/register

