



Northside Community Centre

Adult Programs | September 7 - December 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Step* 9:30-10:20 am	Strength* 9:30-10:20 am		Stretch & Mobility* 9:30-10:20 am	Cardio & Strength* 9:30-10:20 am	
	Cardio & Strength* 12:10-12:50 pm		Step* 12:10-12:50 pm	Drop-in Pickleball/Table Tennis 12:45-2:45 pm	Drop-in Family Games 11 am-1 pm
		Red Deer Arts Council-Hub** 10:30-3:30 pm			Drop-in Family Gym 11 am-1 pm
Yoga* 6-6:50 pm	Cycle* 6-6:50 pm		Cardio & Strength* 6-6:50 pm		
	Drop-in Basketball 7-9 pm				

*Pre-register online or drop-in if space is available

Complimentary coffee is available in our welcoming lobby Mon., Tues., Thurs., Fri., from 10 am - 2 pm.

**Red Deer Arts Council-Hub - Events

All events are drop-in and open to the public.
 Mixed Media Visual Arts 10:30 am-12 pm
 Strum & Drum 1 pm-2 pm
 Theatre Games 2:30 pm-3:30 pm



Registration

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

