

# Physical Activity Prescription: List of Participating Facilities

Facility Name	Address/Contact	Offering	Website
<b>Breathing Room Yoga + Psycle</b>	403-358-3542 130, 2840 Bremner Avenue, Red Deer, AB	1 pass for you and a guest	<a href="http://www.breathingroomreddeer.com">www.breathingroomreddeer.com</a>
<b>Studio Pilates</b>	403-341-5911 3, 4940 54 Avenue, Red Deer, AB (Child Minding Available)	1 pass to specific group classes for you and a guest	<a href="http://www.studiopilates.ca">www.studiopilates.ca</a>
<b>Abbey Center</b>	403-885-4039 4500 Womacks Road, Blackfalds, AB (Child Minding Available)	3 single day all facility admissions for you and a guest	<a href="https://www.blackfalds.ca/m/abbey-centre">https://www.blackfalds.ca/m/abbey-centre</a>
<b>Gary W. Harris Canada Games Centre</b>	403-342-3139 120 College Circle, Red Deer, AB	1 month membership	<a href="https://rdpolytech.ca/sport-fitness-and-recreation/facilities/gary-w-harris-canada-games-centre">https://rdpolytech.ca/sport-fitness-and-recreation/facilities/gary-w-harris-canada-games-centre</a>
<b>Kerry Wood Nature Center</b>	403-346-2010 6300 45 Avenue, Red Deer, AB	Access to guided Trailrider trips for persons with mobility issues. Snowshoe rental (season dependent) and complimentary binoculars to use on trails you and a guest.	<a href="http://www.waskasoopark.ca">www.waskasoopark.ca</a>
<b>Golden Circle</b>	403-343-6074 4620 47A Avenue, Red Deer, AB	1 time use for you and a guest to attend Sit and Be Fit class	<a href="http://www.goldencircle.ca">www.goldencircle.ca</a>
<b>Arashi Do Martial Arts</b>	587-400-9831 3, 4 Erikson Crescent, Sylvan Lake	2 weeks for you and a guest	<a href="https://arashido.com/location/sylvan-lake/">https://arashido.com/location/sylvan-lake/</a>
<b>Shotokan Karate Club</b>	403-347-0646 (Call ahead to book) E-6 5560 45 Street, Red Deer, AB	3 classes for you and a guest	<a href="http://www.reddeerkarate.com">www.reddeerkarate.com</a>
<b>Master Rim's Taekwondo</b>	403-342-1998 (Call ahead to book) 167 Leva Avenue, Red Deer, AB	1 class for you and a guest	<a href="http://www.masterrim.com">www.masterrim.com</a>
<b>Red Deer Tennis Club</b>	403-346-7567 (Call ahead to book) 4501 47 A Avenue, Red Deer, AB	1 hour or 1 lesson for you and a guest racquets available at no charge	<a href="http://www.reddeertennis.com">www.reddeertennis.com</a>

**Red Deer Primary Care Network**  
**Physical Activity Prescription: List of Participating Facilities**

Facility Name	Address/Contact	Offering	Website
<b>Jazzercise</b>	403-318-1059 7, 7667 50 Avenue, Red Deer, AB <i>(Child Minding Available)</i>	1 class for you and a guest	<a href="http://www.jazzercise.com">www.jazzercise.com</a>
<b>Snap Fitness</b>	403-858-1111 #101, 110 Pelican Place, Sylvan Lake, AB	1 week or 3 consecutive visits	<a href="https://www.snapfitness.com/ca/gyms/sylvan-lake-ab">https://www.snapfitness.com/ca/gyms/sylvan-lake-ab</a>
<b>YogaNation</b>	403-986-9642 140-8 Conway Street, Red Deer, AB	1 week for you and a guest	<a href="http://www.yoganationreddeer.com/">http://www.yoganationreddeer.com/</a>
<b>Northside Community Center YMCA</b>	403-967-9622 6391 76 Street, Red Deer, AB	3 fitness classes for you and guest	<a href="https://ymcanab.ca/region/red-deer">https://ymcanab.ca/region/red-deer</a>