

Physical Activity Prescription: List of Participating Facilities



Facility Name	Address/Contact	Offering	Website
Breathing Room Yoga + Psycle	403-358-3542 130, 2840 Bremner Avenue, Red Deer, AB	1 pass for you and a guest	www.breathingroomreddeer.com
Studio Pilates	403-341-5911 3, 4940 54 Avenue, Red Deer, AB <i>(Child Minding Available)</i>	1 pass to specific group classes for you and a guest	www.studiopilates.ca
Abbey Center	403-885-4039 4500 Womacks Road, Blackfalds, AB <i>(Child Minding Available)</i>	3 single day all facility admissions for you and a guest	https://www.blackfalds.ca/m/abbey-centre
Gary W. Harris Canada Games Centre	403-342-3139 120 College Circle, Red Deer, AB	1 month membership	https://rdpolytech.ca/sport-fitness-and-recreation/facilities/gary-w-harris-canada-games-centre
Kerry Wood Nature Center	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.	www.waskasoopark.ca
Golden Circle	403-343-6074 4620 47A Avenue, Red Deer, AB	1 time use for you and a guest to attend Sit and Be Fit class	www.goldencircle.ca
Arashi Do Martial Arts	4-14 Thevenaz Industrial Trail, Sylvan Lake, AB	2 weeks for you and a guest	https://arashido.com/location/sylvan-lake/
Shotokan Karate Club	403-347-0646 <i>(Call ahead to book)</i> E-6 5560 45 Street, Red Deer, AB	3 classes for you and a guest	www.reddeerkarate.com
Master Rim's Taekwondo	403-342-1998 <i>(Call ahead to book)</i> 167 Leva Avenue, Red Deer, AB	1 class for you and a guest	www.masterrim.com
Red Deer Tennis Club	403-346-7567 <i>(Call ahead to book)</i> 4501 47 A Avenue, Red Deer, AB	1 hour or 1 lesson for you and a guest racquets available at no charge	www.reddeertennis.com

Red Deer Primary Care Network
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Jazzercise	403-318-1059 7, 7667 50 Avenue, Red Deer, AB <i>(Child Minding Available)</i>	1 class for you and a guest	www.jazzercise.com
Snap Fitness	403-858-1111 #101, 110 Pelican Place, Sylvan Lake, AB	1 week or 3 consecutive visits	https://www.snapfitness.com/ca/gyms/sylvan-lake-ab
YogaNation	403-986-9642 140-8 Conway Street, Red Deer, AB	1 week for you and a guest	http://www.yoganationreddeer.com/
Northside Community Center YMCA	403-967-9622 6391 76 Street, Red Deer, AB	3 fitness classes for you and guest	https://ymcanab.ca/region/red-deer
Goodlife Fitness	403-343-2165 4747 67 th Street, Red Deer, AB	1 month membership	https://www.goodlifefitness.com/