



Physical Activity Prescription: List of Participating Facilities

Facility Name	Address/Contact	Offering	Website
Breathing Room Yoga Studio	403-358-3542 130, 2840 Bremner Avenue, Red Deer, AB	1 free 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 free 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 free single day all facility admissions for you and a guest	http://www.blackfalds.com/abbey-centre-home
Gary W. Harris Canada Games Centre	403-342-3139 120 College Circle, Red Deer, AB	1 month membership for you and a guest	https://rdc.ab.ca/about/event-services/gary-w-harris-canada-games-centre/facilities/facilities
Kerry Wood Nature Center	403-346-2010 6300 45 Avenue, Red Deer, AB	Access to guided Trailrider trips for persons with mobility issues. Free 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 either Move and Groove or Sit and Be Fit group class	www.goldencircle.ca
Body Basics	403-343-6601 5569 47th Street, Red Deer, AB <i>(Child Minding Available)</i>	1 time free for you and a guest	www.bodybasicsfitnesscentre.ca
Arashi Do Martial Arts	587-400-9831 3, 4 Erikson Crescent, Sylvan Lake	2 weeks free for you and a guest	www.sylvanlakemartialarts.com
Shotokan Karate Club	403-347-0646 <i>(Call ahead to book)</i> E-6 5560 45 Street, Red Deer, AB	3 free classes for you and a guest	www.reddeerkarate.com

Red Deer Primary Care Network
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Master Rim's Taekwondo	403-342-1998 <i>(Call ahead to book)</i> 167 Leva Avenue, Red Deer, AB	1 free 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 free hour or 1 free lesson for you and a guest racquets available at no charge	www.reddeertennis.com
Jazzercise	403-318-1059 7, 7667 50 Avenue, Red Deer, AB <i>(Child Minding Available)</i>	1 free class for you and a guest	www.jazzercise.com
Snap Fitness	403-858-1111 4110 Pelican Place, Sylvan Lake, AB	1 week free trial or 3 consecutive visits	www.snapfitness.com
30 Minute Hit	403-986-0448 <i>(Call ahead to book)</i> #5, 6200 67a Street, Red Deer, AB <i>(Children's play area available)</i>	1 week free for you and a guest	www.30minutehit.com/reddeer
YogaNation	403-986-9642 140-8 Conway Street, Red Deer, AB	1 week free for you and a guest	http://www.yogonationreddeer.com/
Northside Community Center YMCA	403-967-9622 6391 76 Street, Red Deer, AB	3 times free for you and guest to any fitness classes	https://northernalberta.ymca.ca/