



North Canton Community Building YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Basketball West Gym	5:00AM-9:00AM (Open Gym) 11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:30AM-2:00PM (Open Gym)	11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:45AM-2:00PM (Open Gym)		
Open Gym East Gym	5:00AM-9:00AM (Open Gym) 2:30PM-4:45PM (Open Gym) 8:45PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 8:45PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 2:00PM-4:45PM (Open Gym) 8:45PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:00AM-11:45AM (Open Gym) 2:30PM-4:45PM (Open Gym) 8:45PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:00AM-12:00PM (Open Gym) 2:30PM-4:45PM (Open Gym)	6:00AM-7:45AM (Open Gym)	10:00AM-4:00PM (Open Gym)
Boot Camp Extreme Exercise Studio	5:15AM-6:30AM (Strength) <i>Mark S.</i>						
POOL CLOSED Large Pool	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-8:45PM (Pool Closed)	6:00AM-5:45PM (Pool Closed)	10:15AM-4:45PM (Pool Closed)
Yoga Multi-Purpose Room	9:00AM-10:00AM (Balance And Flexibility) 6:00PM-7:00PM (Balance And Flexibility)	6:00PM-7:00PM (Balance And Flexibility)		9:00AM-10:00AM (Balance And Flexibility)	9:00AM-10:00AM (Balance And Flexibility)	7:00AM-8:00AM (Balance And Flexibility)	
Open Gym West Gym	9:00AM-11:30AM (Open Gym) 2:00PM-4:45PM (Open Gym) 8:45PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym) 2:00PM-4:45PM (Open Gym) 8:45PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym) 2:00PM-4:45PM (Open Gym) 8:45PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 9:00AM-11:30AM (Open Gym) 2:00PM-4:45PM (Open Gym) 8:45PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym) 2:00PM-4:45PM (Open Gym)	6:00AM-7:45AM (Open Gym)	10:00AM-4:00PM (Open Gym)
Total Body Toning East Gym	9:00AM-9:45AM (Strength)				9:00AM-9:45AM (Strength)		
Cardio X Exercise Studio	9:15AM-10:00AM (Cardio) <i>Virtual I.</i>		9:15AM-10:00AM (Cardio) <i>Virtual I.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Exercise Studio	10:15AM-11:00AM (Dance)				10:15AM-11:00AM (Dance)		
Silver Sneakers East Gym	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)				
Line Dancing Exercise Studio	11:15AM-12:00PM (Dance)		11:15AM-12:00PM (Dance)		11:15AM-12:00PM (Dance)		
Open Swim Small Pool	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim) 6:10PM-8:00PM (Open Swim)			1:15PM-4:45PM (Open Swim)
Pickleball Open Play East Gym	12:00PM-2:30PM (Pickleball)	12:00PM-4:45PM (Pickleball)		12:00PM-2:30PM (Pickleball)	12:00PM-2:30PM (Pickleball)		
Boot Camp Exercise Studio	5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (Cardio) 5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (Cardio)		
Zumba Exercise Studio	6:30PM-7:30PM (Dance)	6:30PM-7:30PM (Dance)		6:30PM-7:30PM (Dance)		9:30AM-10:30AM (Dance)	
Cycling Exercise Studio		5:30AM-6:30AM (Cycling) 9:30AM-10:15AM (Cycling)		5:30AM-6:15AM (Cycling) 9:30AM-10:15AM (Cycling)			12:00PM-12:45PM (Cycling)
Power Yoga Multi-Purpose Room		9:00AM-10:00AM (Balance And Flexibility)		6:30PM-7:30PM (Balance And Flexibility)			
Step Intervals East Gym		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
Tai Chi Multi-Purpose Room		10:30AM-11:15AM (Balance And Flexibility)		10:30AM-11:15AM (Balance And Flexibility)			
Power Pump Exercise Studio		5:30PM-6:15PM (Strength)		5:30PM-6:15PM (Strength)		10:45AM-11:45AM (Strength)	
Resist-A-Ball Exercise Studio			8:00AM-9:00AM (Strength)				
Chair Cardio East Gym			9:15AM-10:00AM (Active Older Adults)				
Chair Yoga East Gym			11:05AM-11:50AM (Active Older Adults)				
Parkinson's & Multiple Sclerosis Exercise East Gym			1:00PM-2:00PM (Active Older Adults)				
Gentle Yoga Multi-Purpose Room			4:15PM-5:15PM (Balance And Flexibility)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yogalates Exercise Studio			6:30PM-7:30PM (Balance And Flexibility)				
Senior Cardio East Gym				10:15AM-11:00AM (Active Older Adults)			
POOL CLOSED Small Pool					5:15AM-8:45PM (Pool Closed)	6:00AM-5:45PM (Pool Closed)	
Step Express Exercise Studio					8:15AM-8:45AM (Cardio)		
High Intensity Interval Training (HIIT) Exercise Studio					9:15AM-10:00AM (Cardio) <i>Virtual I.</i>		
Chair Tai Chi East Gym					10:15AM-11:00AM (Balance And Flexibility)		
Pilates Multi-Purpose Room					10:15AM-10:45AM (Balance And Flexibility) <i>Rachel W.</i>		
Mix It Up Exercise Studio						8:30AM-9:15AM (Cardio)	