



APRIL GYM SCHEDULE

NORTH CANTON YMCA | 330.499.2587

WEST GYM

	OPEN GYM	PICK UP GAMES	CLASSES/EVENTS
SUNDAY	*10:00am-5:00pm		*April 14: Second Sunday Nerf Day, 2:00pm-4:00pm
MONDAY	9:00am-11:30am 1:30pm-5:00pm 9:00pm-10:00pm	Adult Basketball 5:00am-9:00am Adult Basketball 11:30am-1:30pm	Youth Volleyball: 5:00pm-9:00pm
TUESDAY	9:00am-11:45am 1:30pm-5:00pm 9:00pm-10:00pm	Basketball 5:00am-9:00am Basketball 11:45am-1:30pm	Youth Volleyball: 5:00pm-9:00pm
WEDNESDAY	9:00am-11:30am 1:30pm-10:00pm	Adult Basketball 5:00am-9:00am Adult Basketball 11:30am-1:30pm	
THURSDAY	9:00am-11:45am 1:30pm-5:00pm 9:00pm-10:00pm	Basketball 5:00am-9:00am Basketball 11:30am-1:30pm	Youth Basketball: 5:00pm-9:00pm
FRIDAY	9:00am-11:45am *1:30pm-9:00pm	Adult Basketball 5:00am-9:00am Adult Basketball 11:45am-1:30pm	*Youth Volleyball: April 19 & 26, 5:00pm-9:00pm
SATURDAY	6:00am-8:00am 4:00pm-6:00pm		Youth Basketball: 8am-4pm

EAST GYM

	OPEN GYM	CLASSES/EVENTS
SUNDAY	10:00am-11:00am	Youth Volleyball: 11:00am-5:00pm
MONDAY	5:00am-9:00am 2:30pm-5:00pm 8:30pm-10:00pm	Total Body Toning: 9:00am-9:45am Silver Sneakers: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm Sports programs: 5:00pm-8:30pm
TUESDAY	5:00am-9:00am 2:30pm-5:00pm 9:00pm-10:00pm	Step Intervals: 9:00am-9:45am Silver Sneakers: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm Sports programs: 5:00pm-9:00pm
WEDNESDAY	5:00am-9:00am 2:30pm-5:00pm 8:30pm-10:00pm	Cardio X: 9:15am-10:00am Silver Sneakers: 10:15am-11:00am Chair Yoga: 11:05am-11:50am Exercise for Parkinson's & MS: 1:00pm-2:00pm Sports programs: 5:30pm-8:30pm
THURSDAY	5:00am-9:00am 11:00am-11:45am 2:45pm-5:00pm 8:30pm-10:00pm	Step Intervals: 9:00am-9:45am Senior Fitness: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm Sports programs: 5:30pm-8:30pm
FRIDAY	5:00am-9:00am 10:00am-12:00pm *2:30pm-9:00pm	HIIT: 9:15am-10:00am Pickleball Open Play: 12:00pm-2:30pm *Kids Night Out: April 7, 6:00pm-9:30pm *Youth Volleyball: April 19 & 26, 5:00pm-9:00pm
SATURDAY	6:00am-8:00am 4:00pm-6:00pm	Youth Basketball: 8:00am-4:00pm