



NORTH CANTON YMCA UPCOMING SENIOR EVENTS

March

March 6

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Lunch & Learn

Wednesday, March 6th: 12pm – 1:30pm MPR

Jeff Mash with Humana Medicare Faq on Enrollment periods
RSVP by noon 3/4/2024

March

13

Sharan from Busy Work Recycled Arts & Crafts

Brown Bag Wednesday, March 13th: 12pm–1:30pm MPR

Unique art made from a variety of recycled goods and will be bringing some items for everyone.

March

20

Pot Luck & BINGO with Megan

Wednesday, March 20th: 12p – 1:30pm MPR

Means food, fun and prizes

March

27

Brown Bag

Wednesday, March 27th; 12pm—1:30pm MPR

Jacob from Home is Where The Heart is

He will be here to challenge us with Reverse Crosswords

March

March-March whether it is a lion or a lamb, is a time for regrowth, a time of reflection. There is beauty in the winter storm that is sure to take hold, but the grip will loosen and the wonders hiding below the snow-covered ground will appear. The harsh thoughts we held will melt away as sure as the snow will melt, and the miracle of spring will brighten our days. Thank you for being you, Debbie



NORTH CANTON YMCA

SENIOR FOCUSED GROUP EX CLASSES

ARTHRITIS WATER EXERCISE

When: Mondays, Wednesdays, Fridays at 9:50am, Pool
Low intensity and impact. Workouts in shallow end of pool.

AQUA ZUMBA

When: Tuesdays at 8:40am, Pool
Less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

CHAIR YOGA

When: Wednesdays at 11:05am, East Gym
A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration, increased strength.

SENIOR FITNESS

When: Thursdays at 10:15am, East Gym
Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)

SILVER SNEAKERS

When: Mondays, Tuesdays, Wednesdays at 10:15am, East Gym
Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.

ZUMBA GOLD

When: Mondays at 10:15am, Fridays at 10:00 am
Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.

FIT & FABULOUS

When: Thursdays at 10:00am, Plain Township Hall
Class Address: Diamond Park Indoor Sports Complex, 2782 Diamond St NE Canton, Ohio 44721

LINE DANCING

When: Monday and Wednesday at 11:am, Exercise Studio
Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine. Improving coordination, balance and flexibility