



North Canton Community Building YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Extreme Exercise Studio	7:00AM-8:00AM (Strength) <i>Mark S.</i>						
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)
Step Intervals East Gym		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
Power Yoga Multi-Purpose Room		9:00AM-10:00AM (Balance And Flexibility)		6:30PM-7:30PM (Balance And Flexibility)			
Silver Sneakers East Gym		10:15AM-11:00AM (Active Older Adults)					
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)	
Yoga Multi-Purpose Room		6:00PM-7:00PM (Balance And Flexibility)		9:00AM-10:00AM (Balance And Flexibility)	9:00AM-10:00AM (Balance And Flexibility)	8:00AM-9:00AM (Balance And Flexibility)	
Zumba Exercise Studio		6:30PM-7:30PM (Dance)		6:30PM-7:30PM (Dance)		9:30AM-10:30AM (Dance)	
Boot Camp Exercise Studio			5:30AM-6:30AM (Cardio) 5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (Cardio)		
Resist-A-Ball Exercise Studio			8:00AM-9:00AM (Strength)				
Cardio X Exercise Studio			9:15AM-10:00AM (Cardio) <i>Virtual</i>				
Line Dancing Exercise Studio			11:15AM-12:00PM (Dance)		10:15AM-11:00AM (Dance)		
Parkinson's & Multiple Sclerosis Exercise East Gym			1:00PM-2:00PM (Active Older Adults)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga Multi-Purpose Room			4:15PM-5:15PM (Balance And Flexibility)				
Yoga North Canton Civic Center			5:30PM-6:15PM (Balance And Flexibility)				
Yogalates Exercise Studio			6:30PM-7:30PM (Balance And Flexibility)				
Senior Cardio East Gym				10:15AM-11:00AM (Active Older Adults)			
Step Express Exercise Studio					8:15AM-8:45AM (Cardio)		
Total Body Toning East Gym					9:00AM-9:45AM (Strength)		
High Intensity Interval Training (HIIT) Exercise Studio					9:15AM-10:00AM (Cardio) <i>Virtual</i>		
Pilates Multi-Purpose Room					10:15AM-10:45AM (Balance And Flexibility) <i>Rachel W.</i>		
Chair Tai Chi East Gym					10:15AM-11:00AM (Balance And Flexibility)		
Mix It Up Exercise Studio						8:30AM-9:15AM (Cardio)	