



North Canton Community Building YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Extreme Exercise Studio	5:30AM-6:30AM (Strength) <i>Mark S.</i>						
Total Body Toning East Gym	9:00AM-9:45AM (Strength)				9:15AM-10:00AM (Strength)		
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)				
Zumba Gold Exercise Studio	10:15AM-11:00AM (Dance)						
Line Dancing Exercise Studio	11:15AM-12:00PM (Dance)		11:15AM-12:00PM (Dance)		10:15AM-11:00AM (Dance)		
Strength & Stretch Multi-Purpose Room	5:15PM-5:45PM (Balance And Flexibility)						
Boot Camp Exercise Studio	5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (Cardio) 5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (Cardio)		
Yoga Multi-Purpose Room	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)	8:00AM-9:00AM (Balance And Flexibility)	
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) 5:30PM-6:15PM (Cycling)			12:00PM-12:45PM (Cycling)
Step Intervals East Gym		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
Yoga (Power) Multi-Purpose Room		9:00AM-10:00AM (Balance And Flexibility)		6:30PM-7:30PM (Balance And Flexibility)			
Drum Fit Exercise Studio		10:30AM-11:15AM (Dance)		10:30AM-11:15AM (Dance)			
Core & Stretch Exercise Studio		11:30AM-12:00PM (Balance And Flexibility)		11:30AM-12:00PM (Balance And Flexibility)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Pump Exercise Studio		5:30PM-6:15PM (Strength)				10:45AM-11:45AM (Strength)	
Resist-A-Ball Exercise Studio			8:00AM-8:45AM (Strength)				
Chair Cardio East Gym			9:15AM-10:00AM (Active Older Adults)				
Yoga (Chair) East Gym			11:05AM-11:50AM (Active Older Adults)				
Parkinson's & Multiple Sclerosis Exercise East Gym			1:00PM-2:00PM (Active Older Adults)				
Yoga (Gentle) Multi-Purpose Room			4:15PM-5:15PM (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)		
High Intensity Interval Training (HIIT) Exercise Studio					9:15AM-10:00AM (Cardio) <i>Virtual</i>		
Mix It Up Exercise Studio						8:30AM-9:15AM (Cardio)	