



## North Canton Community Building YMCA | April 6th - April 12th

|   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday                                      | Saturday                                   | Sunday                      |
|---|---|---|--|---|---|--|-----------------------------|
| <b>Boot Camp Extreme</b><br>Exercise Studio                       | 5:15AM-6:30AM<br>(Strength)<br><i>Mark S.</i> |   |  |   |   |  |                             |
| <b>Total Body Toning</b><br>East Gym                              | 9:15AM-10:00AM<br>(Strength)                  |   |  |   | 9:15AM-10:00AM<br>(Strength)                |  |                             |
| <b>Zumba Gold</b><br>Exercise Studio                              | 10:15AM-11:00AM<br>(Dance)                    |   |  |   |   |  |                             |
| <b>Silver Sneakers</b><br>East Gym                                | 10:15AM-11:00AM<br>(Active Older Adults)      | 10:15AM-11:00AM<br>(Active Older Adults)                      | 10:15AM-11:00AM<br>(Active Older Adults)                   |   |   |  |                             |
| <b>Line Dancing</b><br>Exercise Studio                            | 11:15AM-12:00PM<br>(Dance)                    |   | 11:15AM-12:00PM<br>(Dance)                                 |   |   |  |                             |
| <b>Strength &amp; Stretch</b><br>Multi-Purpose Room               | 5:15PM-5:45PM<br>(Balance And Flexibility)    |   |  |   |   |  |                             |
| <b>Boot Camp</b><br>Exercise Studio                               | 5:30PM-6:15PM<br>(Cardio)                     |   | 5:15AM-6:30AM<br>(Cardio)<br><br>5:30PM-6:15PM<br>(Cardio) |   |   |  | 10:30AM-11:15AM<br>(Cardio) |
| <b>Yoga</b><br>Multi-Purpose Room                                 | 6:00PM-7:00PM<br>(Balance And Flexibility)    | 6:00PM-7:00PM<br>(Balance And Flexibility)                    |  | 9:00AM-10:00AM<br>(Balance And Flexibility)                   |   | 8:00AM-9:00AM<br>(Balance And Flexibility) |                             |
| <b>Zumba</b><br>Exercise Studio                                   | 6:30PM-7:30PM<br>(Dance)                      | 6:30PM-7:30PM<br>(Dance)                                      |  | 6:30PM-7:30PM<br>(Dance)                                      |   | 9:30AM-10:30AM<br>(Dance)                  |                             |
| <b>High Intensity Interval Training (HIIT)</b><br>Exercise Studio | 7:45PM-8:30PM<br>(Cardio)                     |   |  |   | 5:30AM-6:15AM<br>(Cardio)<br><i>Virtual</i> |  |                             |
| <b>Cycling</b><br>Exercise Studio                                 |   | 5:30AM-6:30AM<br>(Cycling)<br><br>9:30AM-10:15AM<br>(Cycling) |  | 9:30AM-10:15AM<br>(Cycling)<br><br>4:30PM-5:15PM<br>(Cycling) |   |  | 12:00PM-1:00PM<br>(Cycling) |
| <b>Restorative Yoga</b><br>Multi-Purpose Room                     |   | 8:00AM-9:00AM<br>(Balance And Flexibility)                    |  |   |   |  |                             |
| <b>Step Intervals</b><br>East Gym                                 |   | 9:00AM-9:45AM<br>(Cardio)                                     |  | 9:00AM-9:45AM<br>(Cardio)                                     |   |  |                             |
| <b>Drum Fit</b><br>Exercise Studio                                |   | 10:30AM-11:15AM<br>(Dance)                                    |  | 10:30AM-11:15AM<br>(Dance)                                    |   |  |                             |

|  | Monday | Tuesday                                      | Wednesday                                  | Thursday                                     | Friday                     | Saturday                      | Sunday |
|--|--------|--|--|--|----------------------------|-------------------------------|--------|
| <b>Ready, Fit and Able</b><br>East Gym                           |        | 11:15AM-12:00PM<br>(Balance And Flexibility) |  |  |                            |                               |        |
| <b>Power Pump</b><br>Exercise Studio                             |        | 5:30PM-6:15PM<br>(Strength)                  |  | 5:30PM-6:15PM<br>(Strength)                  |                            | 10:45AM-11:45AM<br>(Strength) |        |
| <b>Resist-A-Ball</b><br>Exercise Studio                          |        |  | 8:00AM-8:45AM<br>(Strength)                |  |                            |                               |        |
| <b>Chair Cardio</b><br>East Gym                                  |        |  | 9:15AM-10:00AM<br>(Active Older Adults)    |  |                            |                               |        |
| <b>Yoga (Chair)</b><br>East Gym                                  |        |  | 11:15AM-12:00PM<br>(Active Older Adults)   |  |                            |                               |        |
| <b>Parkinson's &amp; Multiple Sclerosis Exercise</b><br>East Gym |        |  | 1:00PM-2:00PM<br>(Active Older Adults)     |  |                            |                               |        |
| <b>Yoga (Gentle)</b><br>Multi-Purpose Room                       |        |  | 4:15PM-5:15PM<br>(Balance And Flexibility) |  |                            |                               |        |
| <b>Yogalates</b><br>Exercise Studio                              |        |  | 6:30PM-7:30PM<br>(Balance And Flexibility) |  |                            |                               |        |
| <b>Senior Cardio</b><br>East Gym                                 |        |  |  | 10:15AM-11:00AM<br>(Active Older Adults)     |                            |                               |        |
| <b>Barre</b><br>Multi-Purpose Room                               |        |  |  | 10:30AM-11:15AM<br>(Balance And Flexibility) |                            |                               |        |
| <b>Step Express</b><br>Exercise Studio                           |        |  |  |  | 8:15AM-8:45AM<br>(Cardio)  |                               |        |
| <b>Line Dancing Workshop</b><br>Exercise Studio                  |        |  |  |  | 10:15AM-11:00AM<br>(Dance) |                               |        |
| <b>Mix It Up</b><br>Exercise Studio                              |        |  |  |  |                            | 8:30AM-9:15AM<br>(Cardio)     |        |