



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Extreme Exercise Studio	5:15AM-6:30AM (Strength) <i>Mark S.</i>						
Total Body Toning East Gym	9:15AM-10:00AM (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) <i>Lisa G.</i>						
Line Dancing Exercise Studio	11:15AM-12:00PM (Dance) <i>Janet S.</i>		11:15AM-12:00PM (Dance) <i>Janet S.</i>				
Strength & Stretch Multi-Purpose Room	5:15PM-5:45PM (Balance And Flexibility) <i>corinne z.</i>			6:30PM-7:00PM (Balance And Flexibility)			
Boot Camp Exercise Studio	5:30PM-6:15PM (Cardio)		5:15AM-6:30AM (Cardio) 5:30PM-6:15PM (Cardio)				10:30AM-11:15AM (Cardio)
Yoga Multi-Purpose Room	6:00PM-7:00PM (Balance And Flexibility) <i>corinne z.</i>	6:00PM-7:00PM (Balance And Flexibility)		9:00AM-10:00AM (Balance And Flexibility)		8:00AM-9:00AM (Balance And Flexibility) <i>Ginger B.</i>	
Zumba Exercise Studio	6:30PM-7:30PM (Dance) <i>Nicole B.</i>	6:30PM-7:30PM (Dance) <i>Russelle S.</i>		6:30PM-7:30PM (Dance) <i>Nicole B.</i>		9:30AM-10:30AM (Dance)	
High Intensity Interval Training (HIIT) Exercise Studio	7:45PM-8:30PM (Cardio)				5:30AM-6:15AM (Cardio) <i>Virtual</i> 9:15AM-10:00AM (Cardio)		
Cycling Exercise Studio		5:30AM-6:30AM (Cycling) 9:30AM-10:15AM (Cycling)		9:30AM-10:15AM (Cycling) 4:30PM-5:15PM (Cycling)			12:00PM-1:00PM (Cycling)
Restorative Yoga Multi-Purpose Room		8:00AM-9:00AM (Balance And Flexibility)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Intervals East Gym		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
Drum Fit Exercise Studio		10:30AM-11:15AM (Dance)		10:30AM-11:15AM (Dance)			
Ready, Fit and Able East Gym		11:15AM-12:00PM (Balance And Flexibility)					
Power Pump Exercise Studio		5:30PM-6:15PM (Strength) <i>Tiffany S.</i>		5:30PM-6:15PM (Strength) <i>Natalie W.</i>		10:45AM-11:45AM (Strength) <i>Tiffany D.</i>	
Resist-A-Ball Exercise Studio			8:00AM-8:45AM (Strength)				
Chair Cardio East Gym			9:15AM-10:00AM (Active Older Adults) <i>Terri P.</i>				
Yoga (Chair) East Gym			11:15AM-12:00PM (Active Older Adults)				
Parkinson's Exercise Class East Gym			1:00PM-2:00PM (Active Older Adults)				
Yoga (Gentle) Multi-Purpose Room			4:15PM-5:15PM (Balance And Flexibility) <i>corinne z.</i>				
Yogalates Exercise Studio			6:30PM-7:30PM (Balance And Flexibility) <i>Ginger B.</i>				
Senior Cardio East Gym				10:15AM-11:00AM (Active Older Adults) <i>Terri P.</i>			
Step Express Exercise Studio					8:15AM-8:45AM (Cardio)		
Line Dancing Workshop Exercise Studio					10:15AM-11:00AM (Dance) <i>Janet S.</i>		
Mix It Up Exercise Studio						8:30AM-9:15AM (Cardio)	