



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)				
Chair Cardio East Gym			9:15AM-10:00AM (Active Older Adults)				
Yoga (Chair) East Gym			11:15AM-12:00PM (Active Older Adults)				
Parkinson's & Multiple Sclerosis Exercise East Gym			1:00PM-2:00PM (Active Older Adults)				
Senior Cardio East Gym				10:15AM-11:00AM (Active Older Adults)			