



## North Canton Community Building YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> East Gym	5:00AM-9:00AM (Open Gym)  3:00PM-5:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  3:00PM-5:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  12:00PM-1:00PM (Open Gym)  2:00PM-5:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  11:00AM-12:00PM (Open Gym)  3:00PM-5:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  10:00AM-12:00PM (Open Gym)  3:00PM-9:00PM (Open Gym)	6:00AM-8:00AM (Open Gym)	
<b>Open Gym</b> West Gym	5:00AM-4:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-5:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-4:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-5:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-10:00PM (Open Gym)	6:00AM-8:00AM (Open Gym)	10:00AM-11:30AM (Open Gym)
<b>Boot Camp Extreme</b> Exercise Studio	5:15AM-6:30AM (Strength) <i>Mark S.</i>						
<b>Lap Swim 6 Lanes</b> Large Pool	5:15AM-8:40AM (Lap Swim)  1:00PM-6:00PM (Lap Swim)	6:15AM-8:15AM (Lap Swim)  1:00PM-6:00PM (Lap Swim)  8:00PM-9:45PM (Lap Swim)	5:15AM-8:40AM (Lap Swim)  1:00PM-6:00PM (Lap Swim)	6:15AM-8:15AM (Lap Swim)  1:00PM-6:00PM (Lap Swim)  8:00PM-9:45PM (Lap Swim)	5:20AM-8:40AM (Lap Swim)  10:40AM-6:00PM (Lap Swim)	6:00AM-8:50AM (Lap Swim)	
<b>POOL CLOSED</b> Small Pool	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-8:45PM (Pool Closed)	6:00AM-7:45PM (Pool Closed)	
<b>Shallow Water Aerobics</b> Large Pool	9:00AM-9:40AM (Water Aerobics)	8:40AM-9:25AM (Water Aerobics)		8:40AM-9:25AM (Water Aerobics)		9:15AM-10:00AM (Water Aerobics)	
<b>Total Body Toning</b> East Gym	9:15AM-10:00AM (Strength)				9:15AM-10:00AM (Strength)		
<b>Arthritis Water Exercise</b> Large Pool	9:50AM-10:30AM (Water Aerobics)		9:50AM-10:30AM (Water Aerobics)		9:50AM-10:30AM (Water Aerobics)		
<b>Silver Sneakers</b> East Gym	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)				
<b>Zumba Gold</b> Exercise Studio	10:15AM-11:00AM (Dance)						

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<b>Lap Swim 3 Lanes</b> Large Pool	10:40AM-1:00PM (Lap Swim)  6:00PM-8:15PM (Lap Swim)	9:45AM-1:00PM (Lap Swim)  6:00PM-8:00PM (Lap Swim)	10:40AM-1:00PM (Lap Swim)  5:40PM-6:30PM (Lap Swim)  6:00PM-8:15PM (Lap Swim)	9:45AM-1:00PM (Lap Swim)  6:00PM-8:00PM (Lap Swim)	6:15PM-8:45PM (Lap Swim)	10:15AM-7:45PM (Lap Swim)	
<b>Line Dancing</b> Exercise Studio	11:15AM-12:00PM (Dance)		11:15AM-12:00PM (Dance)				
<b>Open/Lap Swim</b> Large Pool	11:30AM-1:00PM (Open Swim)  6:15PM-8:15PM (Open Swim)	11:30AM-1:00PM (Open Swim)  6:15PM-8:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)  6:15PM-8:15PM (Open Swim)	11:30AM-1:00PM (Open Swim)  6:15PM-8:15PM (Open Swim)	6:15PM-8:45PM (Open Swim)	10:15AM-7:45PM (Open Swim)	
<b>Pickleball Open Play</b> East Gym	12:00PM-3:00PM (Pickleball)	12:00PM-2:00PM (Pickleball)		12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)		
<b>Strength &amp; Stretch</b> Multi-Purpose Room	5:15PM-5:45PM (Balance And Flexibility)						
<b>Boot Camp</b> Exercise Studio	5:30PM-6:15PM (Cardio)		5:15AM-6:30AM (Cardio)  5:30PM-6:15PM (Cardio)				10:30AM-11:15AM (Cardio)
<b>Yoga</b> Multi-Purpose Room	6:00PM-7:00PM (Balance And Flexibility)	6:00PM-7:00PM (Balance And Flexibility)		9:00AM-10:00AM (Balance And Flexibility)		8:00AM-9:00AM (Balance And Flexibility)	
<b>Zumba</b> Exercise Studio	6:30PM-7:30PM (Dance)	6:30PM-7:30PM (Dance)		6:30PM-7:30PM (Dance)		9:30AM-10:30AM (Dance)	
<b>High Intensity Interval Training (HIIT)</b> Exercise Studio	7:45PM-8:30PM (Cardio)				5:30AM-6:15AM (Cardio) <i>Virtual</i>		
<b>Lap Swim 2 Lanes</b> Large Pool	8:15PM-9:45PM (Lap Swim)	5:15AM-6:15AM (Lap Swim)	8:15PM-9:45PM (Lap Swim)	5:15AM-6:15AM (Lap Swim)			
<b>Cycling</b> 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)
<b>Restorative Yoga</b> Multi-Purpose Room		8:00AM-9:00AM (Balance And Flexibility)					
<b>Step Intervals</b> East Gym		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
<b>Drum Fit</b> Exercise Studio		10:30AM-11:15AM (Dance)		10:30AM-11:15AM (Dance)			
<b>Power Pump</b> Exercise Studio		5:30PM-6:15PM (Strength)		5:30PM-6:15PM (Strength)		10:45AM-11:45AM (Strength)	

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<b>Resist-A-Ball</b> Exercise Studio			8:00AM-8:45AM (Strength)				
<b>Deep Water Aerobics</b> Large Pool			9:00AM-9:40AM (Water Aerobics)	5:30AM-6:00AM (Water Aerobics)	9:00AM-9:40AM (Water Aerobics)		
<b>Chair Cardio</b> East Gym			9:15AM-10:00AM (Active Older Adults)				
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> East Gym			1:00PM-2:00PM (Active Older Adults)				
<b>Yoga (Gentle)</b> Multi-Purpose Room			4:15PM-5:15PM (Balance And Flexibility)				
<b>Yogalates</b> Exercise Studio			6:30PM-7:30PM (Balance And Flexibility)				
<b>Senior Cardio</b> East Gym				10:15AM-11:00AM (Active Older Adults)			
<b>Barre</b> Multi-Purpose Room				10:30AM-11:15AM (Balance And Flexibility)			
<b>Yoga (Power)</b> Multi-Purpose Room				6:30PM-7:30PM (Balance And Flexibility)			
<b>Step Express</b> Exercise Studio					8:15AM-8:45AM (Cardio)		
<b>Line Dancing Workshop</b> Exercise Studio					10:15AM-11:00AM (Dance)		
<b>Mix It Up</b> Exercise Studio						8:30AM-9:15AM (Cardio)	