



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym East Gym	5:00AM-9:00AM (Open Gym) 2:30PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 3:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 2:00PM-5:00PM (Open Gym) 7:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:00AM-11:45AM (Open Gym) 2:30PM-5:00PM (Open Gym) 9:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:00AM-12:00PM (Open Gym) 2:30PM-9:00PM (Open Gym)	6:00AM-6:00PM (Open Gym)	10:00AM-12:00PM (Open Gym)
Adult Basketball West Gym	5:00AM-9:00AM (Open Gym) 11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:30AM-2:00PM (Open Gym)	11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:45AM-2:00PM (Open Gym)		
Lap Swim 6 Lanes Large Pool	5:15AM-8:45AM (Lap Swim) 11:00AM-9:45PM (Lap Swim)	6:15AM-8:45AM (Lap Swim) 10:10AM-9:45PM (Lap Swim)	5:15AM-8:45AM (Lap Swim) 11:00AM-9:45PM (Lap Swim)	6:15AM-8:45AM (Lap Swim) 10:10AM-9:45PM (Lap Swim)	5:15AM-8:40AM (Lap Swim) 10:40AM-6:00PM (Lap Swim)	6:00AM-8:15AM (Lap Swim)	10:15AM-1:00PM (Lap Swim)
POOL CLOSED 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-9:45PM (Pool Closed)	6:00AM-5:45PM (Pool Closed)	10:15AM-4:45PM (Pool Closed)
Boot Camp Extreme Exercise Studio	5:30AM-6:30AM (Strength) <i>Mark S.</i>						
Open Gym West Gym	9:00AM-11:30AM (Open Gym) 2:00PM-5:00PM (Open Gym) 9:00PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym) 2:00PM-5:00PM (Open Gym) 9:00PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym) 2:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 9:00AM-11:30AM (Open Gym) 2:00PM-5:00PM (Open Gym) 9:00PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym) 2:00PM-9:00PM (Open Gym)	6:00AM-6:00PM (Open Gym)	10:00AM-5:00PM (Open Gym)
Total Body Toning East Gym	9:00AM-9:45AM (Strength)				9:15AM-10:00AM (Strength)		
Shallow Water Aerobics Large Pool	9:15AM-10:00AM (Water Aerobics)	9:15AM-10:00AM (Water Aerobics)		9:15AM-10:00AM (Water Aerobics)		9:15AM-10:00AM (Water Aerobics)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise Large Pool	10:10AM-10:50AM (Water Aerobics)		10:10AM-10:50AM (Water Aerobics)		9:50AM-10:30AM (Water Aerobics)		
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)		
Pickleball Open Play East Gym	12:00PM-2:30PM (Pickleball)	12:00PM-3:00PM (Pickleball)		12:00PM-2:30PM (Pickleball)	12:00PM-2:30PM (Pickleball)		12:00PM-4:00PM (Pickleball)
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)	
Lap Swim 2 Lanes Large Pool		5:15AM-6:15AM (Lap Swim)		5:15AM-6:15AM (Lap Swim)			
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)
Deep Water Aerobics Large Pool		5:30AM-6:15AM (Water Aerobics)	9:15AM-10:00AM (Water Aerobics)	5:30AM-6:00AM (Water Aerobics)	9:00AM-9:40AM (Water Aerobics)		
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)			
Power Pump Exercise Studio		5:30PM-6:15PM (Strength)				10:45AM-11:45AM (Strength)	

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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>		
Lap Swim 3 Lanes Large Pool					6:00PM-8:45PM (Lap Swim)	10:15AM-5:45PM (Lap Swim)	1:00PM-4:45PM (Lap Swim)
Open/Lap Swim Large Pool					6:15PM-8:45PM (Open Swim)	10:15AM-5:45PM (Open Swim)	1:15PM-4:45PM (Open Swim)
Mix It Up Exercise Studio						8:30AM-9:15AM (Cardio)	