

North Canton Community Building YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Basketball West Gym	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (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)	11:30AM-2:00PM (Open Gym)		11:45AM-2:00PM (Open Gym)		
Open Gym East Gym	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	6:00AM-8:00AM (Open Gym)	10:00AM-12:00PM (Open Gym)
	2:30PM-10:00PM (Open Gym)	3:00PM-5:00PM (Open Gym)	2:00PM-5:00PM (Open Gym)	11:00AM-11:45AM (Open Gym)	11:00AM-12:00PM (Open Gym)	2:00PM-6:00PM (Open Gym)	
			9:00PM-10:00PM (Open Gym)	2:30PM-5:00PM (Open Gym)	2:30PM-9:00PM (Open Gym)		
				9:00PM-10:00PM (Open Gym)			
Lap Swim 6 Lanes Large Pool	5:15AM-8:40AM (Lap Swim)	6:15AM-8:15AM (Lap Swim)	5:15AM-8:40AM (Lap Swim)	6:15AM-8:15AM (Lap Swim)	5:15AM-8:40AM (Lap Swim)	6:00AM-8:15AM (Lap Swim)	10:15AM-1:00PM (Lap Swim)
	1:00PM-2:55PM (Lap Swim)	1:00PM-2:55PM (Lap Swim)	1:00PM-2:55PM (Lap Swim)	1:00PM-2:55PM (Lap Swim)	11:15AM-1:55PM (Lap Swim)		
		7:45PM-9:45PM (Lap Swim)		8:15PM-9:45PM (Lap Swim)			
soot Camp Extreme xercise Studio	5:30AM-6:30AM (Strength) <i>Mark S</i> .						
Prum Fit xercise Studio	8:00AM-8:45AM (Dance)	10:30AM-11:15AM (Dance)		10:30AM-11:15AM (Dance)		8:00AM-9:15AM (Dance)	
Open Gym West Gym	9:00AM-11:30AM (Open Gym)	9:00AM-11:30AM (Open Gym)	9:00AM-11:30AM (Open Gym)	5:00AM-9:00AM (Open Gym)	9:00AM-11:30AM (Open Gym)	6:00AM-8:00AM (Open Gym)	10:00AM-5:00PM (Open Gym)
	2:00PM-10:00PM (Open Gym)	2:00PM-10:00PM (Open Gym)	2:00PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym)	2:00PM-9:00PM (Open Gym)		
				2:00PM-6:00PM (Open Gym)			
				2:00PM-10:00PM (Open Gym)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Multi-Purpose Room	9:00AM-10:00AM (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)	
	6:00PM-7:00PM (Balance And Flexibility)						
Shallow Water Aerobics 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)	
Total Body Toning East Gym	9:15AM-10:00AM (Strength)				9:15AM-10:00AM (Strength)		
Arthritis Water Exercise Large Pool	9:50AM-10:30AM (Water Aerobics)		9:50AM-10:30AM (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)						
Lap Swim 4 Lanes Large Pool	10:40AM-1:00PM (Lap Swim)	11:15AM-1:00PM (Lap Swim)	11:50AM-1:00PM (Lap Swim)	11:15AM-1:00PM (Lap Swim)	10:40AM-11:15AM (Lap Swim)		
Line Dancing Exercise Studio	11:15AM-12:00PM (Dance)		11:15AM-12:00PM (Dance)				
Open Swim Small Pool	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	12:00PM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)			1:15PM-4:45PM (Open Swim)
				6:45PM-8:15PM (Open Swim)			
Open/Lap Swim Large Pool	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	11:50AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	6:15PM-8:45PM (Open Swim)		1:15PM-4:45PM (Open Swim)
				7:15PM-8:15PM (Open Swim)			
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)		5:30AM-6:30AM (Cardio)		
			5:30PM-6:15PM (Cardio)				
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 1 Lane Large Pool	6:35PM-7:15PM (Lap Swim)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 2 Lanes Large Pool	7:15PM-9:45PM (Lap Swim)	5:15AM-6:15AM (Lap Swim)	10:40AM-11:15AM (Lap Swim)	5:15AM-6:15PM (Lap Swim)			
		9:45AM-11:15AM (Lap Swim)	6:35PM-9:45PM (Lap Swim)				
High Intensity Interval Training (HIIT) Exercise Studio	7:45PM-8:30PM (Cardio)		7:45PM-8:30PM (Cardio)		9:15AM-10:00AM (Cardio) Virtual		
Cycling Exercise Studio		5:30AM-6:30AM (Cycling)		9:30AM-10:15AM (Cycling)			12:00PM-12:45PM (Cycling)
		9:30AM-10:15AM (Cycling)		4:30PM-5:15PM (Cycling)			
Step Intervals East Gym		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
Restorative Yoga Multi-Purpose Room		9:00AM-10:00AM (Balance And Flexibility)					
Lap Swim 3 Lanes Large Pool		10:30AM-11:15AM (Lap Swim)	11:15AM-11:50AM (Lap Swim)	9:45AM-11:15AM (Lap Swim)	4:20PM-8:45PM (Lap Swim)	10:15AM-11:00AM (Lap Swim)	1:00PM-4:45PM (Lap Swim)
		7:15PM-7:45PM (Lap Swim)		7:15PM-8:15PM (Lap Swim)			
Ready, Fit and Able East Gym		11:15AM-12:00PM (Balance And Flexibility)					
Core & Stretch Multi-Purpose Room		11:30AM-12:00PM (Balance And Flexibility)		11:30AM-12:00PM (Balance And Flexibility)			
Power Pump Exercise Studio		5:30PM-6:15PM (Strength)		5:30PM-6:15PM (Strength)		10:45AM-11:45AM (Strength)	
Resist-A-Ball Exercise Studio			8:00AM-8:45AM (Strength)				
Deep Water Aerobics Large Pool			9:00AM-9:40AM (Water Aerobics)	5:30AM-6:00AM (Water Aerobics)	9:00AM-9:40AM (Water Aerobics)		
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)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Cardio East Gym				10:15AM-11:00AM (Active Older Adults)			
Barre Multi-Purpose Room				10:30AM-11:15AM (Balance And Flexibility)			
Yoga (Power) Multi-Purpose Room				6:30PM-7:30PM (Balance And Flexibility)			
Step Express Exercise Studio					8:15AM-8:45AM (Cardio)		
Line Dancing Workshop Exercise Studio					10:15AM-11:00AM (Dance)		
Swim Meet Small Pool						12:00PM-6:00PM (Pool Closed)	
Swim Meet Large Pool						12:00PM-6:00PM (Pool Closed)	