



# AUGUST GYM SCHEDULE

NORTH CANTON YMCA | 330.499.2587

## WEST GYM

	OPEN GYM	PICK UP GAMES	CLASSES/EVENTS
<b>SUNDAY</b>	10:00am-5:00pm		
<b>MONDAY</b>	9:00am-11:30am *1:30pm-10:00pm	Adult Basketball: 5:00am-9:00am Adult Basketball: 11:30am-1:30pm	*June 6, June 20, July 18, August 1: Volleyball clinic, 5:30pm-8:30pm
<b>TUESDAY</b>	9:00am-11:30am 1:30pm-10:00pm	Basketball: 5:00am-9:00am Basketball: 11:30am-1:30pm	
<b>WEDNESDAY</b>	9:00am-11:30am 1:30pm-10:00pm	Adult Basketball: 5:00am-9:00am Adult Basketball: 11:30am-1:30pm	
<b>THURSDAY</b>	9:00am-10:00am 1:30pm-5:00pm	Basketball: 5:00am-9:00am Basketball: 11:30am-1:30pm	Silver Sneakers: 10:15am-11:00am Senior Fitness: 10:20am-11:05am Small Stuff/ K-Skills: 5:30pm-7:30pm
<b>FRIDAY</b>	9:00am-11:30am 1:30pm-9:00pm	Adult Basketball: 5:00am-9:00am Adult Basketball: 11:30am-1:30pm	
<b>SATURDAY</b>	6:00am-6:00pm		

## EAST GYM

	OPEN GYM	CLASSES/EVENTS
<b>SUNDAY</b>	10:00am-5:00pm	
<b>MONDAY</b>	5:00am-9:00am 11:00am-12:00pm 2:30pm-10:00pm	Mix It Up: 9:15am-10:00am Silver Sneakers: 10:15am-11:00am Pickleball: 12:30pm-2:30pm
<b>TUESDAY</b>	5:00am-9:00am 11:30am-12:30pm 2:30pm-7:00pm 9:00pm-10:00pm	Small Stuff Sports Galore: 9:30am-10:15am Silver Sneakers: 10:15am-11:00am K-Skills Sports Galore: 10:30am-11:15am Pickleball: 12:30pm-2:30pm Open Volleyball: 7:00pm-9:00pm
<b>WEDNESDAY</b>	5:00am-8:00am 11:30am-12:45pm 2:15pm-5:00pm 7:00pm-10:00pm	Total Body Toning: 8:00am-9:00am HIIT: 9:15am-10:00am Forever Fit: 10:30am-11:15am Exercise for Parkinson's & MS: 1:00pm-2:00pm Bootcamp: 5:15pm-6:00pm Tabata: 6:15pm-7:00pm
<b>THURSDAY</b>	5:00am-9:00am 11:00am-5:30pm 7:30pm-10:00pm	Step Intervals: 9:00am-9:45am Silver Sneakers: 10:15am-11:00am Small Stuff Sports Galore: 5:30pm-6:15pm K-Skills Sports Galore: 6:30pm-7:15pm
<b>FRIDAY</b>	5:00am-9:00am 11:15am-9:00pm	HIIT: 9:15am-10:00am Senior Fitness: 10:15am-11:00am
<b>SATURDAY</b>	6:00am-6:00pm	

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