



NORTH CANTON YMCA UPCOMING SENIOR EVENTS

April 2024

All Senior Social events will
be held in the MPR at Noon,
unless noted.

April

3

Lunch & Learn

Hosted by: Monica with Caring Senior Services

Monica will be explaining services available to Seniors and Veterans.

RSVP at the membership desk or call by noon 4/1/2024

April

10

Paint and Sip - Mocktail Edition!

Hosted by: Stephanie with Heritage Villas

We will be painting, sipping mocktails and enjoying snacks,
all provided for you.

RSVP at the membership desk or call by noon 4/8/2024

April

17

Brown Bag

Hosted by: Jill with Amherst Meadows Skilled Nursing
and Rehab

Jill will be sharing about Hospice and Humor.

Be sure to tell your friend, they might want to join us!

April

24

Out to Lunch at El Rincon

We will meet at 12pm at El Rincon!

720 S. Main St., North Canton, OH 44720

RSVP at the membership desk or call by noon 4/22/2024

NORTH CANTON YMCA | 200 S. MAIN ST., 44720 | 330.499.2587



NORTH CANTON YMCA SENIOR FOCUSED GROUP EX CLASSES

ARTHRITIS WATER EXERCISE

When: Mondays, Wednesdays, Fridays at 9:50am, Pool
Low intensity and impact. Workouts in shallow end of pool.

AQUA ZUMBA

When: Tuesdays at 8:40am, Pool
Less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

CHAIR YOGA

When: Wednesdays at 11:05am, East Gym
A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration, increased strength.

SENIOR FITNESS

When: Thursdays at 10:15am, East Gym
Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)

SILVER SNEAKERS

When: Mondays, Tuesdays, Wednesdays at 10:15am, East Gym
Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.

ZUMBA GOLD

When: Mondays at 10:15am, Fridays at 10:00 am
Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.

FIT & FABULOUS

When: Thursdays at 10:00am, Plain Township Hall
Class Address: Diamond Park Indoor Sports Complex, 2782 Diamond St NE Canton, Ohio 44721

LINE DANCING

When: Tuesdays and Thursdays at 11:15am, Exercise Studio
Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine. Improving coordination, balance and flexibility