



MARCH GYM SCHEDULE

NORTH CANTON YMCA | 330.499.2587

WEST GYM

| | OPEN GYM | PICK UP GAMES | CLASSES/EVENTS |
|-----------|---|---|--|
| SUNDAY | 10:00am-10:45am | | Youth Volleyball: 11:00am-5:00pm |
| MONDAY | 9:00am-11:30am 1:30pm-5:00pm 9:00pm-10:00pm | Adult Basketball 5:00am-9:00am Adult Basketball 11:30am-1:30pm | Youth Volleyball: 5:00pm-9:00pm |
| TUESDAY | 9:00am-11:45am *1:30pm-10:00pm | Basketball 5:00am-9:00am Basketball 11:45am-1:30pm | *March 19: Youth Basketball: 5-9:00pm |
| WEDNESDAY | 9:00am-11:30am 1:30pm-10:00pm | Adult Basketball 5:00am-9:00am Adult Basketball 11:30am-1:30pm | |
| THURSDAY | 9:00am-11:30am 1:30pm-5:00pm 9:00pm-10:00pm | Basketball 5:00am-9:00am Basketball 11:30am-1:30pm | Youth Basketball: 5:00pm-9:00pm |
| FRIDAY | 9:00am-11:45am 1:30pm-9:00pm | Adult Basketball 5:00am-9:00am Adult Basketball 11:45am-1:30pm | |
| SATURDAY | 6:00am-8:00am | | Youth Basketball: 8am-6pm |

EAST GYM

| | OPEN GYM | CLASSES/EVENTS |
|-----------|---|---|
| SUNDAY | | Youth Volleyball: 11:00am-5:00pm |
| MONDAY | 5:00am-9:00am 2:30pm-5:00pm 8:30pm-10:00pm | Total Body Toning: 9:00am-9:45am Silver Sneakers: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm Sports programs: 5:00pm-8:30pm |
| TUESDAY | 5:00am-9:00am 2:30pm-5:30pm 7:00pm-10:00pm | Step Intervals: 9:00am-9:45am Silver Sneakers: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm Sports programs: 5:30pm-7:00pm |
| WEDNESDAY | 5:00am-9:00am 2:30pm-5:00pm 8:30pm-10:00pm | Cardio X: 9:15am-10:00am Silver Sneakers: 10:15am-11:00am Chair Yoga: 11:05am-11:50am Exercise for Parkinson's & MS: 1:00pm-2:00pm Sports programs: 5:00pm-8:30pm |
| THURSDAY | 5:00am-9:00am 11:00am-11:45am 2:45pm-5:00pm 8:30pm-10:00pm | Step Intervals: 9:00am-9:45am Senior Fitness: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm Sports programs: 5:00pm-8:30pm |
| FRIDAY | 5:00am-9:00am 10:00am-12:00pm *2:30pm-9:00pm | HIIT: 9:15am-10:00am Pickleball Open Play: 12:00pm-2:30pm *Kids Night Out: March 8, 6:00pm-9:30pm *Family Nerf Night: March 22, 6:00pm-8:30pm |
| SATURDAY | 6:00am-8:00am | Youth Basketball: 8am-6pm |