



JULY GYM SCHEDULE

NORTH CANTON YMCA | 330.499.2587

WEST GYM

	OPEN GYM	PICK UP GAMES	CLASSES/EVENTS
SUNDAY	10:00am-5:00pm		
MONDAY	9:00am-11:30am 1:30pm-10:00pm	Adult Basketball 5:00am-9:00am Adult Basketball 11:30am-1:30pm	
TUESDAY	9:00am-11:45am 1:30pm-10:00pm	Basketball 5:00am-9:00am Basketball 11:45am-1:30pm	
WEDNESDAY	9:00am-11:30am *1:30pm-10:00pm	Adult Basketball 5:00am-9:00am Adult Basketball 11:30am-1:30pm	*July 10: Swim Meet seating, 4:30pm-10:00pm
THURSDAY	9:00am-11:45am *1:30pm-10:00pm	Basketball 5:00am-9:00am Basketball 11:30am-1:30pm	*July 18 & 25: Volleyball Clinic: 5:00pm-8:00pm
FRIDAY	9:00am-11:45am 1:30pm-9:00pm	Adult Basketball 5:00am-9:00am Adult Basketball 11:45am-1:30pm	
SATURDAY	6:00am-6:00pm		

EAST GYM

	OPEN GYM	CLASSES/EVENTS
SUNDAY	10:00am-11:00am	
MONDAY	5:00am-9:00am 2:30pm-10:00pm	Total Body Toning: 9:00am-9:45am Silver Sneakers: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm
TUESDAY	5:00am-9:00am *2:30pm-10:00pm	Step Intervals: 9:00am-9:45am Silver Sneakers: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm *July 23 & 30: 6:30pm-8:30pm, Pickleball Clinics
WEDNESDAY	5:00am-9:00am 2:30pm-5:00pm 7:15pm-10:00pm	Fit & Fabulous: 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-7:15pm
THURSDAY	5:00am-9:00am 11:00am-11:45am 2:45pm-5:00pm 7:15pm-10:00pm	Step Intervals: 9:00am-9:45am Senior Cardio: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm Sports programs: 5:00pm-7:15pm
FRIDAY	5:00am-9:00am 10:00am-12:00pm 2:30pm-9:00pm	HIIT: 9:15am-10:00am Chair Tai Chi: 10:15am-11:00am Pickleball Open Play: 12:00pm-2:30pm
SATURDAY	*6:00am-6:00pm	*July 20: Parents Day Out: 12:00pm-3:00pm