

<u>Day</u>	<u>Class</u>	<u>Instructor</u>	<u>Level</u>	<u>Location</u>	<u>Fee</u>
Monday					
8:30-9:30am	Yoga	Teresa	All	Aerobics Room	Free For Members
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free For Members
9:45-10:45am	Senior Fit	Buzz	All	Aerobics Room	Free For Members
5:00-6:00pm	Ball Aerobics	Mary	All	Kid Fit	Free For Members
Tuesday					
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free For Members
5:00-6:00pm	Mixed Aerobics	Mary	All	Aerobics Room	Free For Members
6:00-7:00pm	Spin Class	Jessica	All	Aerobics Room	Free For Members
7:00-8:00pm	Karate	Bryan	All	Aerobics Room	\$20 Mem & \$40 Non-Mem
Wednesday					
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free For Members
9:45-10:45am	Senior Fit	Buzz	All	Aerobics Room	Free For Members
5:00-6:00pm	Tone and Strength	Mary	All	Kid Fit	Free For Members
6:00-7:00pm	Pound Class	Jen	All	Aerobics Room	Free For Members
Thursday					
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free For Members
5:00-6:00pm	Mixed aerobics	Mary	All	Aerobics Room	Free For Members
6:00-7:00pm	Spin Class	Jessica	All	Aerobics Room	Free For Members
Friday					
8:30-9:30am	Yoga	Teresa	All	Aerobics Room	Free For Members
9:45-10:45am	Senior Fit	Buzz	All	Aerobics Room	Free For Members
5:30-6:30pm	Dance	Kaylee	age 5-9	Aerobics Room	\$35 Mem & \$60 Guest
6:45-7:45pm	Dance	Kaylee	age 10 and up	Aerobics Room	\$35 Mem & \$60 Guest
Saturday					
8:30-9:30am	Spin Class	Jessica	All	Aerobics Room	Free For Members
10:00-11:00am	Bootcamp	Jean Paul	All	Aerobics Room	Class: \$10/\$20 Monthly: \$35/\$70
11:00-12:00pm	Dance	Kaylee	age 5-9	Aerobics Room	\$35 Mem & \$60 Guest
12:00-1:00pm	Dance	Kaylee	age 10 and up	Aerobics Room	\$35 Mem & \$60 Guest
Sunday					
1-1:30pm	Tai-Chi	Kevin Upton	all	Aerobics Room	Free For Members

400 Pride Drive
Waverly, OH 45690

P 740.947.8862
F 740.947.5616

www.pikecountyyymca.org
FB Pike County YMCA

NEW Dance Class Coming 2025



