



Fitness Schedule / Aerobics Room
Scitoto Valley YMCA Pike Branch
2026

400 Pride Dr
Waverly, Ohio 45690
740.947.8862

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM	Yoga Teresa 8:30-9:30am		Women Wellness Yoga Teresa 8:30-9:30am		Yoga Teresa 8:30-9:30am	Spin Class Jessica 8: 30am-9:30am	
9:00 AM	Water Aerobics Staff 9: 45-10:30am	Water Aerobics Staff 9:45- 10:30am	Water Aerobics Staff 9:45- 10:30am	Water Aerobics Staff 9:45-10: 30am		Dance Kaylee 11:00- 12:00pm	
10:00 AM	Senoir Fit Buzz 9:45- 10:45a		Senoir Fit Buzz 9:45- 10:45a		Senoir Fit Buzz 9:45- 10:45a		
11:00 AM							
12:00 PM							
1:00 PM							Tai-Chi Kevin Upton 1:00- 1:30pm
2:00 PM							
5:00 PM	Ball Aerobic Mary 5:00-6: 00pm	Mixed Aerobics Mary 5:00-6:00p	Tone and Strength Mary 5:00-6: 00pm	Mixed Aerobics Mary 5:00-6:00p	Dance Kaylee 5:30-6:30p		
6:00 PM		Spin Class Jessica 6:00-7: 00pm		Spin Class Jessica 6:00-7: 00pm	Dance Kaylee 6:45-7:45p		
7:00 PM		Karate Bryan 7:00-8:00pm					
8:00 PM							

** Use our app (Daxko) to sign-up for classes (Coming Soon)

Class Descriptions:	
Ball Aerobics	A fun, low-impact cardio class using exercise balls to improve balance, coordination, core strength, and overall endurance. Suitable for all fitness levels.
Dance	A high-energy, rhythm-based workout that blends fun choreography with cardio to improve endurance, coordination, and overall fitness. Suitable for all levels.
Mixed Aerobics	A dynamic cardio class combining a variety of aerobic styles and movements to improve endurance, coordination, and overall fitness.
Senoir Fit	A low-impact, total-body class designed to improve strength, balance, flexibility, and mobility while supporting everyday movement and long-term independence.
Spin Class	An instructor-led indoor cycling class that builds cardiovascular endurance and lower-body strength through intervals, climbs, and sprints set to motivating music.
Tai Chi	A gentle, flowing movement class that improves balance, flexibility, and mindfulness while reducing stress and supporting overall wellness.
Tone and Strength	A total-body workout focused on building lean muscle, improving strength, and enhancing muscle definition using controlled movements and light-to-moderate resistance.
Water Aerboics	A low-impact, full-body workout performed in the pool to improve cardiovascular fitness, strength, and flexibility while reducing stress on joints.
Women Wellness Yoga	
Yoga	A mind-body practice combining poses, breathing, and relaxation to enhance flexibility, balance, strength, and mental well-being