



FINDLAY YMCA HOLIDAY HUSTLE

DECEMBER 19TH-31ST

Experience the YMCA's Group Exercise classes at both branches during our holiday break weeks! Take this opportunity to try some of the classes the Y has to offer!

Register Now! →

**CLASSES RUN
MONDAY THROUGH SATURDAY
FOR TWO WEEKS**

Members: FREE!

Nonmembers: \$20 (includes unlimited classes for both weeks)

Classes will be first come, first serve. Spaces will be limited.

For more information, contact
Andrea Sertell at
asertell@findlayymca.com.



(429)422-4424
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Findlay, Oh 45840

findlayymca.org

Week One December 19th-24th

Monday				
	TRX	5:45 AM	Tonya Hayes	East Branch TRX Studio
	Powermax	6:30 AM	Haley Horstman	Downtown Aerobics Studio
	Cardio Fusion	9:15 AM	Tonya Hayes	Downtown Aerobics Studio
	SilverSneakers Classic	9:15 AM	Deb Widman	Downtown East Gym
	Group Cycling	10:00 AM	Sara Boutwell	Downtown Cycling Studio
	30 Minute Group Cycling	12:30 PM	Jenn Butler	Downtown Cycling Studio
	Cardio Sculpt Extreme	5:30 PM	Tonya Hayes	Downtown Aerobics Studio
	Yoga	5:30 PM	Shari Hellman	Downtown Multipurpose Rm
Tuesday				
	Group Cycling	5:15 AM	Jenn Butler	Downtown Cycling Studio
	TRX	9:00 AM	Larry Jones	East Branch TRX Studio
	Mommy & Me Tumble	10:15 AM	Casey Bonnoront	East Branch Upper Level
	Sculpt/Tone	9:15 AM	Tonya Hayes	Downtown Aerobics Studio
	Barre Express	10:15 AM	Jessi Kempf	Downtown Multipurpose Room
	Grab Bag Workout Tone	11:45 AM	Tonya Hayes	Downtown Aerobics Studio
	Classic Cardio	5:30 PM	Julie Kieffer	Downtown Aerobics Studio
	Flex & Core	5:30 PM	Becky Kupferberg	Downtown Multipurpose RM
	TRX Circuit	5:30 PM	Deb Widman	East Branch Aerobic Studio
	Triple Tone	6:30 PM	Julie Keiffer	Downtown Aerobics Studio
Wednesday				
	Cardio Fusion	9:15 AM	Tonya Hayes	Downtown Aerobics Studio
	SilverSneakers Classic	9:15 AM	Deb Widman	Downtown East Gym
	Rev & Flow	10:30 AM	Kara Klink	Downtown Aerobics Studio
	Group Cycling	12:00 PM	Becky Kupferberg	Downtown Cycling Studio
★	Youth TRX (Youth Class)	4:30 PM	Larry Jones	East Branch TRX Studio
	Barre	5:30 PM	Jessi Kempf	Downtown Multipurpose RM
	TRX	5:30 PM	Larry Jones	East Branch TRX Studio
Thursday				
	Group Cycling	5:15 AM	Jenn Butler	Downtown Cycling Studio
	Power Toning	9:15 AM	Becky Kupferberg	Downtown Aerobic Studio
	ReFit	11:00 AM	Kara Klink	Downtown Aerobic Studio
	Classic Cardio	5:30 PM	Julie Kieffer	Downtown Aerobics Studio
	Group Cycling	5:30 PM	Tonya Hayes	Downtown Cycling Studio
	Triple Tone	6:30 PM	Julie Keiffer	Downtown Aerobics Studio
Friday				
	Insanity!	5:45 AM	Tonya Hayes	Downtown Aerobics Studio
	Group Cycling	9:00 AM	Bonnie Ward	East Branch Cycling Studio
	Bounce	9:15 AM	Tonya Hayes	Downtown Aerobics Studio
	Power Stretch	11:45 AM	Becky Kupferberg	Downtown Multipurpose RM
Saturday				
	Cardio Burn & Tone	8:45 AM	Shari Hellman	Downtown Aerobic Studio
★	Christmas Eve Cycle	9:15 AM	Tonya Hayes	Downtown Cycling Studio

Week Two December 26th-31st

Monday			
	Cardio Fusion	9:15 AM Tonya Hayes	Downtown Aerobics Studio
	Group Cycling	10:00 AM Michelle Cole	Downtown Cycling Studio
	Cardio Sculpt Extreme	5:30 PM Tonya Hayes	Downtown Aerobics Studio
	Yoga	5:30 PM Shari Hellman	Downtown Multipurpose Rm
Tuesday			
	TRX	9:00 AM Larry Jones	East Branch TRX Studio
	Mommy & Me Tumble	10:15 AM Casey Bonnoront	East Branch Upper Level
	Sculpt/Tone	9:15 AM Tonya Hayes	Downtown Aerobics Studio
	Barre Express	10:15 AM Jessi Kempf	Downtown Multipurpose Room
	Grab Bag Workout Tone	11:45 AM Tonya Hayes	Downtown Aerobics Studio
	Classic Cardio	5:30 PM Julie Kieffer	Downtown Aerobics Studio
	Flex & Core	5:30 PM Becky Kupferberg	Downtown Multipurpose RM
	TRX Circuit	5:30 PM Deb Widman	East Branch Aerobic Studio
	Triple Tone	6:30 PM Julie Keiffer	Downtown Aerobics Studio
Wednesday			
	AM Boot Camp	6:30 AM Candice McQueen	Downtown Aerobics Studio
	Cardio Fusion	9:15 AM Tonya Hayes	Downtown Aerobics Studio
	SilverSneakers Classic	9:15 AM Deb Widman	Downtown East Gym
	Group Cycling	12:00 PM Becky Kupferberg	Downtown Cycling Studio
★	Youth TRX (Youth Class)	4:30 PM Larry Jones	East Branch TRX Studio
	Barre	5:30 PM Jessi Kempf	Downtown Multipurpose RM
	TRX	5:30 PM Larry Jones	East Branch TRX Studio
Thursday			
	Power Toning	9:15 AM Becky Kupferberg	Downtown Aerobic Studio
	Classic Cardio	5:30 PM Julie Kieffer	Downtown Aerobics Studio
	Group Cycling	5:30 PM Tonya Hayes	Downtown Cycling Studio
	Triple Tone	6:30 PM Julie Keiffer	Downtown Aerobics Studio
Friday			
	Insanity!	5:45 AM Tonya Hayes	Downtown Aerobics Studio
	Group Cycling	9:00 AM Bonnie Ward	East Branch Cycling Studio
	Bounce	9:15 AM Tonya Hayes	Downtown Aerobics Studio
	TRX	10:15 AM Larry Jones	East Branch TRX Studio
	Power Stretch	11:45 AM Becky Kupferberg	Downtown Multipurpose RM
Saturday			
	Cardio Burn & Tone	8:45 AM Shari Hellman	Downtown Aerobics Studio