

HOLIDAY HUSTLE



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 300 E Lincoln St Findlay, Oh 45840

findlayymca.org

Week One December 19th-24th

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