



**YMCA Bethesda – Chevy Chase**  
**SUMMER 2010** beginning June 14<sup>th</sup>  
 Phone #: 301-530-3725 Hotline #: 301-530-9622

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GROUP EXERCISE CENTER	6:00 AM Basic Training Alison W.	6:00 AM <b>**NEW**</b> BodyPUMP Amy Q.	6:00 AM Functional Training Nola M.	6:00 AM Body Sculpt Sylvia J.	6:00 AM Functional Training Nola M.			
	7:15 AM Power Dance Fusion Susana W.	7:15 AM Cardio Pump Susana W.	7:15 AM <b>**NEW**</b> BodyJAM Leah G.	7:15 AM Low Impact Aerobics Susana W.	7:15 AM Power Dance Fusion Krista M.	7:25 AM Power Dance Nicole S.		
	8:20 AM Body Sculpt Elaine R.	8:20 AM Fiesta Dance Susana W.	8:20 AM Low Impact Aerobics Elaine R.	8:20 AM <b>\$ Pilates Reformer Intermediate \$</b> Christelle M.	8:20 AM Low Impact Sylvia J.	8:30 AM <b>**NEW**</b> BodyPUMP Kathie B.	8:10 AM (75 Min) Dance Fusion Plus Arlene R.	
	9:30 AM <b>**NEW**</b> BodyPUMP Kathie B.	9:30 AM <b>**NEW**</b> BodyJAM Karen M.	9:30 AM Step II Amy Q.	9:30 AM <b>**NEW**</b> BodyJAM Karen M.	9:30 AM <b>**NEW**</b> BodyPUMP TBD	9:35 AM (75 min) <b>**NEW**</b> BodyJAM Plus Leah G.	9:30 AM Awesome Abs Sandy Y.	
	10:40 AM Pilates Mat Christelle M.	10:40 AM (70 min) Dance Fusion Plus (Senior) Donna G.	10:40 AM <b>**NEW**</b> BodyPUMP Amy Q.	10:40 AM Dance Fusion Plus (Senior) Donna G.	10:40 AM Dance Fusion Susana W.	10:55 AM Step II Denise S.	10:05 AM Dance Fusion Sandy Y.	
	12:00 PM <b>\$ Pilates Reformer Beginner \$</b> Christelle M.	12:00 PM Strong, Stretched & Balanced Amy Q.	12:00 PM Yoga Sandy C.	12:00 PM Yoga Karin B.	11:45 AM Fit-4-Ever Nancy W.	12:00 PM Body Sculpt Christelle M.	11:10 AM Body Sculpt Denise S.	
	1:15 PM Fit-4-Ever Nancy W.	1:30 PM <b>\$ Pilates Reformer Intermediate \$</b> Christelle M.	1:15 PM Fit-4-Ever Nancy W.	1:30 PM <b>\$ Pilates Reformer Intermediate \$</b> Christelle M.		1:30 PM <b>\$ Pilates Reformer Beginner \$</b> Tatyana B.	12:15PM (40 min) Basic Step Denise S.	
		2:45 PM <b>\$ Pilates Reformer Beginner \$</b> Christelle M.					1:00 PM Yoga Diana S.	
	4:55 PM Power Dance Fusion Nicole S.	4:55 PM Dance Fusion Challenge Janet A.	4:55 PM Power Dance Fusion Nicole S.	4:55 PM Dance Fusion Challenge Janet A.	4:55 PM <b>**NEW**</b> BodyJAM Dana V.		5:00 PM <b>\$ Pilates Reformer Mixed Level \$</b> Sylvia J.	
	6:05 PM Cardio Pump Arlene R.	6:05 PM Step II Jody M.	6:00 PM Cardio Pump Arlene R.	6:05 PM Step II Jody M.	6:00 PM <b>**NEW**</b> Friday Nite Dance First Friday of Month			
	7:10 PM <b>**NEW**</b> BodyPUMP Kathie B.	7:10 PM Dance Fusion Sandy Y.	7:10 PM <b>\$ Pilates Reformer Beginner \$</b> Tatyana B.	7:10 PM (75 min) Dance Fusion Plus Sandy Y.	<b>\$ These Classes require registration and payment. All classes are 60 minutes unless otherwise noted. Updated 6/1/10</b>			
	8:15 PM (75 Min) <b>\$ Moving Inward Hatha Yoga Level I</b>	8:15 PM (75 Min) Step Plus Advanced Dana V.	8:15 PM (75 Min) <b>\$ Moving Inward Hatha Yoga Level I /II</b>	8:30 PM <b>\$ Pilates Reformer Intermediate \$</b> Tatyana B.				
		<b>BODYPUMP</b> is a non-impact, weights based exercise class that works every major muscle group in the body using weights, a bar and step. It strengthens, conditions, and tones muscles, producing amazing results – fast. <b>BODYJAM</b> is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds put the emphasis as much on having fun as breaking a sweat.		<i>Members must be 16 years old or have completed teen weight training to participate in adult classes.</i>	<b>Pilates Reformer &amp; Yoga Session Dates:</b> Summer I: June 21 – July 25 Summer II: July 26 – August 29 <b>Friday Nite Dance Party:</b> The First Friday of each month celebrate a different dance theme. July – Latin Night –learn to Salsa, Meringue and Mamba. \$5 donation to Building Bridges.			