



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS STUDIO	6:00 AM Tri Train Cycle Andrea M.	6:00 AM Cycling Alison W.	6:00 AM Cycling Katie M.	6:00 AM Cycling Alison W.	6:00 AM Cycling Shannon O.		
	<h1>Summer Camp</h1> <p>Mon – Fri 7:00 am to 6:00 pm</p>					7:00 AM Sunrise Yoga Karin B.	
							8:00 AM Sports Circuit Maxwell B.
						9:15 AM (45 Min) Cycling Christelle M.	9:15 AM (45 Min) Cycling Alison W.
						10:15 AM Pilates Mat Christelle M.	10:15 AM (45 Min) Cycling Alison W.
							11:15 AM Pilates Mat Alison W.
6:15 PM Cycling Karen B.	6:15 PM 30/30 Cycling & Body Sculpt Christelle M.		6:15 PM Cycling Karen B.				
7:25 PM 30/30 Cycling & Body Sculpt Alison W.	7:25 PM Cycling Joe O.	7:25 PM Cycling Jenny P.	7:25 PM Pilates Mat Tatyana B.				
EXTENSION SITES	Concord St. Andrews Methodist Church, 5910 Goldsboro Road, Bethesda						
	9:00 AM Dance Fusion Silvia B.		9:00 AM Dance Fusion Silvia B.		9:00 AM Dance Fusion Silvia B.		
	10:00 AM Dance Fusion Seniors Silvia B.		10:00 AM Dance Fusion Seniors Silvia B.		10:00 AM Dance Fusion Senior Silvia B.		
	Friendship Heights Village Community Center, 4433 S. Park Ave., Chevy Chase						
	9:15 AM Fit -4-Ever Carol S.		9:15 AM Fit -4-Ever Carol S.				
	Potomac United Methodist Church, 9908 South Glen Road, Potomac						
	8:30 AM Dance Fusion Nancy W.		8:30 AM Dance Fusion Nancy W.		8:30 AM Dance Fusion Nancy W.		
	Chevy Chase Presbyterian Church, 1 Chevy Chase Circle, Washington DC						
	9:30 AM Dance Fusion Sheila D.	9:30 AM Body Sculpt Sheila D.	9:30 AM Dance Fusion Sheila D.	9:30 AM Body Sculpt Sheila D.	9:30 AM Dance Fusion Sheila D.		
	Extension Site classes end July 30, 2010 and resume on Tuesday, September 7, 2010 No classes on BCC Campus Monday, August 30 – Monday, September 6, 2010						