



# YMCA Bethesda-Chevy Chase Sauna/Fitness Lounge Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	5:45 AM	5:45 AM	5:45 AM	5:45 AM	6:00 AM	8:30 AM
WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
2:00 PM	1:30 PM	2:00 PM	1:30 PM	2:00 PM	1:30 PM	2:00 PM
2:05 PM	1:35 PM	2:05 PM	1:35 PM	2:05 PM	1:35 PM	2:05 PM
MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
9:45 PM	9:45 PM	9:45 PM	9:45 PM	9:45 PM	9:15 PM	9:15 PM

**YMCA of Metropolitan Washington Mission Statement:**

To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

[www.ymcawashdc.org](http://www.ymcawashdc.org)