



YMCA Bethesda – Chevy Chase
Fall 2009 September 8th – January 11th
Phone #: 301-530-3725 Hotline #: 301-530-9622

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AEROBIC ACTIVITY CENTER	6:10 AM \$ Pilates Reformer Intermediate \$ Sylvia J.	6:00 AM Body Sculpt Amy Q.	6:00 AM Basic Training Glen P.	6:00 AM Body Sculpt Sylvia J.	6:00 AM Basic Training Glen P.		
	7:15 AM Power Dance Fusion Susana W.	7:15 AM Cardio Pump Susana W.	7:15 AM Power Dance Fusion Andy B. / 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 \$ Pilates Reformer Intermediate \$ Christelle M.	8:20 AM Low Impact Aerobics Sylvia J.	8:30 AM Hi/Low Aerobics Stephani K.	8:10 AM (75 Min) Dance Fusion Plus Arlene R.
	9:30 AM Step II Kathie B.	9:30 AM Cardio Kickboxing Mia E.	9:30 AM Step II Amy Q.	9:30 AM Non-Stop Cardio Suzanne K.	9:30 AM Cardio Kickboxing Mia E.	9:35 AM (75 min) Dance Challenge Plus Andy B./ Leah G.	9:30 AM Step Challenge Shannon O.
	10:40 AM Body Sculpt Mia E.	10:40 AM (70 min) Dance Fusion Plus (Senior) Donna G.	10:40 AM Sports Conditioning Laura G.	10:40 AM Dance Fusion Plus (Senior) Donna G.	10:40 AM Dance Fusion Susana W.	10:55 AM Step II Denise S.	10:40 AM Dance Fusion Sandy Y.
	12:00 PM \$ Pilates Reformer Beginner \$ Christelle M.	12:00 PM Strong, Stretched & Balanced Amy Q.		12:00 PM Strong, Stretched & Balanced Amy Q.	11:45 AM Fit-4-Ever Nancy W.	12:00 PM Body Sculpt Christelle M.	11:45 AM Body Sculpt Suzanne K.
	1:15 PM Fit-4-Ever Nancy W.	1:30 PM \$ Pilates Reformer Intermediate \$ Christelle M.	1:15 PM Fit-4-Ever Nancy W.	1:30 PM \$ Pilates Reformer Intermediate \$ Laurie S.		1:30 PM \$ Pilates Reformer Beginner \$ Tatyana B.	
	4:00 PM (45 min) Tween Training And Fun Jenny P.	2:45 PM \$ Pilates Reformer Beginner \$ Christelle M.		4:00 PM (45 min) Tween Training And Fun Jenny P.			
	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.			5:00 PM (75 Min) \$ Mixed Level Yoga \$ TBD
	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.			6:30 PM \$ Pilates Reformer Mixed Level \$ Sylvia J.
7:10 PM Super Sets Krista M.	7:10 PM Dance Fusion Sandy Y.	7:10 PM \$ Pilates Reformer Beginner \$ Tatyana B.	7:10 PM (75 min) Dance Fusion Plus Sandy Y.	<p align="center"> \$ These Classes require registration and payment. All classes are 60 minutes unless otherwise noted. Updated 8/11/09 </p>			
8:15 PM (75 Min) \$ Moving Inward Hatha Yoga Level I \$ Judith L.	8:15 PM (75 Min) Step Plus Advanced Dana V.	8:15 PM (75 Min) \$ Moving Inward Hatha Yoga Level I /II \$ Judith L.	8:30 PM \$ Pilates Reformer Intermediate \$ Tatyana B.				
				<p align="center"> <i>Pilates Reformer & Yoga Session Dates:</i> Fall I – 9/8/09 – 10/25/09 Fall II – 10/26/09 – 12/22/09 Additional Fee required </p>			