



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September

Membership grants access to three heated pools year round! As well as a plethora of fitness equipment, swim lessons, group exercise classes, and two hours of child watch!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Join Now and Take Advantage of Our \$0 Enrollment to Begin the Happier, Healthier You! </div>						1 *Free Zumba® (11:30-12:30) [5 People Max] *NIH Free Day	2 *NIH Free Day
3 *Special Group Exercise Schedule *NIH Free Day Labor Day – 8am-4pm	4 *Farmers Market (10a-2p)	5 *Free Swimming Assessment (6p-7p) *Bethesda Country Day School Free Day	6 *Body Combat® (6p-7p) *Bethesda Country Day School Free Day	7 *Military and First Responders Free Week* *Navy SEAL W.O.D. *Bethesda Country Day School Free day	8 *Military and First Responders Free Week* *Navy SEAL W.O.D. Whole Foods Free Day	9 *Military and First Responders Free Week* *Navy SEAL W.O.D. Whole Foods Free Day	
10 *Military and First Responders Free Week* *Navy SEAL W.O.D. *Mont. Co. PSE Free Day	11 *Military and First Responders Free Week* *Navy SEAL W.O.D. *Farmer's Market (10a-2p) *Mont. Co. PSE Free Day	12 *Military and First Responders Free Week* *Navy SEAL W.O.D. *Senior Fit & Swim (2:30p-3:30p) *Mont. Co. PSE Free Day	13 *Military and First Responders Free Week* *Navy SEAL W.O.D. *Mont. Co. PSE Free Day	14 *National Welcome Week* EVERYBODY IS WELCOME	15 *National Welcome Week* *Meet the Personal Wellness Team *Free Day	16 *National Welcome Week* *Free Day	
17 *National Welcome Week* *Free Day *OPEN HOUSE *1 st to JOIN wins Gift *International Potluck -4p-7p *Free Day	18 *National Welcome Week* *Ayr lawn Back to School Night (6p-8p) *Cycling (8:30a, 10:30a, 6p) *Farmer's Market (10a-2p) *Free day	19 *National Welcome Week* *Blood Pressure Screening 10a-12p *New US Citizen's Welcome *Free Day	20 *National Welcome Week* *Cultural Awareness-Time Capsule Map *Free day	21 *Welcome Week Bash* *POOL PARTY (6p-8p) Time Capsule Map *World Bank Free Day *Free day	22 *World Bank Free Day Time Capsule Map *Free day	23 Close of the Welcoming Week *1 st to JOIN wins Gift *Hula-Hoop on Field (1p-2p) *World Bank Free Day Time Capsule Map *Free day	
24 *Meet the Personal Wellness Trainers & Free Training *Suburban Hospital Free Day	25 *Farmers Market (10a-2p) *Rochambeau Employees Free Day *Suburban Hospital Free Day	26 *Neighborhood Walking Tours – 10am – 12pm *Suburban Hospital Free Day	27 *Kaiser Permanente Free Day	28 *Free Body Pump® (9:30a-10:30a/6p-7p) *Kaiser Permanente Free Day	29 OPEN HOUSE *Are you ready for the Turkey Chase 10am – 2pm *Kaiser Permanente Free Day	30 *1 st to JOIN wins Gift	

YMCA Bethesda Chevy-Chase Program Description

Zumba®- A fun way to get a sizzling cardio workout using Latin inspired moves with motivating music!

Body Combat®- Release your inner warrior! This High Energy, no contact class incorporates moves from Karate, Taekwondo, Muay Thai, Capoeira, and Kung Fu.

International Potluck – Cook, Enjoy and Socialize – Members can register to bring a delicious entrée and celebrate cuisine from kitchens around the world

Navy SEAL WOD- Train like a Navy SEAL with our Navy SEAL Workout of the Day

Wellness Team Meet- Come out and meet our excellent wellness team! Whether you are looking for a new trainer or just want to get to know the staff, it will be a great meet and greet!

Pool Party- The dog days of summer might be over, but it's never too late to join your friends for an amazing pool party! Enjoy music and games, all from the comforts of an Outdoor Pool!

Time Capsule Map Event – Be a part of history and the future. Sign the YMCA Time Capsule Map indicating your family's home origin to be placed in our newly renovated building to say that you were a member of the 2018 and beyond Bethesda Chevy Chase YMCA.

Hula-Hoop on the Field- Enjoy hula-hooping on our front field with the entire family!

Body Pump®- Get lean, toned, and fit! Scientifically proven techniques using moderate weight and high repetition, combined with great tunes for a total body workout!

Are you ready for the Turkey Chase event – Open House of YMCA Bethesda branch – Welcome and join the Y and get a Turkey Chase T shirt as a gift

Schedule may change or an event might be cancelled due to the inclement weather

The Bethesda Chevy Chase YMCA is undergoing a multi-million dollar expansion and we want you to be a part of that expansion! There may be some reduced rates associated with your membership relative to your employer. Please inquire. Membership gives you access to two indoor and one outdoor heated pool that is open all year around, the hot tub whirlpool, 5 tennis courts, group exercise class, 2 hours of free childcare per day while you enjoy the facility, Cybex strength equipment, our Fitlinxx Interactive Wellness Center, total body trainers, recumbent bikes, outdoor running/walking track, reduced rates on camp, swim lessons, personal training, and so much more.