

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Power&Speed Cycle StudioA Andrea M	6:00AM BodyPump@ StudioB Amy Q	6:00AM Hatha Yoga StudioB Shahrzad S	6:00AM BodyPump@ StudioB Matt M	6:00AM Hatha Yoga StudioB Shahrzad S	7:15AM BodyJam@ StudioB Dana V	8:15AM Y Fusion StudioB Krista/Barbara
7:00AM Y Fusion StudioB Susana W	7:00AM Integrated Strength StudioB Susana W	6:00AM Power&Speed Cycle StudioA Larry M	7:00AM Integrated Strength StudioB Susana W	6:00AM Cycle&Sculpt StudioA Larry M	8:30AM Power&Speed Cycle StudioA Eileen H	9:00AM Power&Speed Cycle StudioA Katie M
8:30AM Power&SpeedCycle StudioA Eileen H	8:00AM Y Fusion StudioB Susana w	7:00AM Y Fusion StudioB Krista M	8:30AM Power&SpeedCycle StudioA Eileen H	7:00AM Y-Fusion StudioB Krista M	8:30AM BodyPump@ StudioB Alison K	9:30AM Y Fusion StudioB Krista/Janet
8:30AM Hatha Yoga StudioB Shahrzad S	8:30AM Cycle&Sculpt StudioA Eileen H	8:30AM Vinyasa Yoga StudioB Anil R	8:30AM Vinyasa Yoga StudioB Anil R	8:30AM BodyFlow@ StudioB Amy Q	9:30AM BodyJam@ StudioB Kim H	10:30AM Zumba Toning@ StudioB Teonna L
8:30AM Y Fusion PUM Carol S/Nancy W	9:30AM Cardio Kickboxing StudioB Laura G	8:30AM Cycle&Sculpt StudioA Larry M	9:30AM BodyJam@ StudioB Kim H	8:30AM Power&SpeedCycle StudioA Lisa C	9:30AM All Terrain Cycle StudioA Christelle M	11:30AM BodyJam@ StudioB Gwen M
9:00AM Y Fusion CSA Carol S	9:30AM Integrated Strength CCP Carol S	8:30AM Y Fusion PUM Nancy W	9:30AM Integrated Strength CCP Carol S	8:30AM Y Fusion PUM Nancy W	10:30AM Mat Pilates StudioB Christelle M	1:00PM Vinyasa Yoga StudioB Salma A
9:30AM Barre Fitness StudioB Tatyana B	10:30AM Y Fusion StudioB Donna G	9:00AM Y Fusion CSA Carol S	9:30AM Cycle&Sculpt StudioA Debbie C	9:00AM Y Fusion CSA Carol S	11:30AM Zumba@ StudioB Teonna L	2:00PM Hatha Yoga StudioB Shahrzad S
9:30AM Cycle&Sculpt StudioA Debbie C	10:30AM Power&SpeedCycle StudioA Larry M	9:30AM All Terrian Cycle StudioA Debbie C	10:30AM Hatha Yoga StudioB Tatyana B	9:30AM All Terrain Cycle StudioA Amy Q	12:30PM Hatha Yoga StudioB Anil R	3:00PM BodyPump@ StudioB Salma A
10:30AM Mat Pilates StudioB Christelle M	11:30PM Mat Pilates StudioB Helen D	9:30AM BodyPump@ StudioB Kim H	11:30AM Zumba@ StudioB Miho A	9:30AM BodyPump@ StudioB Salma A	1:30PM Integrated Strength StudioB Christelle M	
11:30AM Integrated Strength StudioB Christelle M	12:30PM Vinyasa Yoga StudioB Sun B	10:30AM H.E.A.T StudioB Laura G	12:30PM Vinyasa Yoga StudioB Jenn K	10:30AM Y Fusion StudioB Gail Pitts		
12:30PM Belly Dance StudioB Keylan Q	1:30PM Strength&Stability StudioB Amy Q	11:30AM Mat Pilates StudioB Tatyana B	1:30pm Stength&Stability StudioB Christelle M	11:30AM Cardio Kickboxing StudioB Laura G		
1:30PM CardioLite StudioB Laura S	5:00PM Y Fusion StudioB Janet A	12:30PM Zumba @ StudioB Miho A	5:00PM Y Fusion StudioB Janet A	12:30PM Stretch&Relax StudioB Linda L		
5:00PM BodyJam@ StudioB Kim H	6:00PM Vinyasa Yoga StudioB Salma A	1:30PM CardioLite StudioB Nancy W	6:00PM Zumba@ StudioB Celine G	1:30PM CardioLite StudioB Carol S		
6:00PM IntervalCrossTraining StudioB Krista M	6:00PM Power&SpeedCycle StuidoA Christelle M	5:00PM BodyJam@ StudioB Gwen M	6:00PM Power&Speed Cycle StudioA Joe O	4:00PM Mat Pilates StudioB Christelle M		
6:00PM Power&SpeedCycle StudioA Helen D	7:00PM Y Fusion StudioB Krista M	6:00PM BodyPump@ StudioB Amy O	7:00PM Y Fusion StudioB Susanna W	5:00PM BodyJam@ StudioB Diane R/Dana V		
7:00PM Zumba@ StudioB Ruth B	8:00PM BodyJam@ StudioB Dana V	6:30PM All Terrian Cycle StudioA Larry M	7:00PM Power&SpeedCycle StudioA Helen D	6:00PM BodyPump@ StudioB Jacqueline F		
7:00PM All Terrain Cycle StudioA Helen D		7:00PM Zumba@ StudioB Celine G	8:00PM Belly Dancing StudioB Keylan Q	7:00PM Zumba Toning@ StudioB Ruth B		
8:00pm BodyPump@ StudioB Julie T		8:00PM Tai Chi StudioB Linda L				
Group Ex Policies			Child Watch Hours			
Kindly refrain from wearing fragrances to class. Proper footwear is required per class format. Members must be 18 yrs old, OR 12-17 yrs old accompanied by an adult (18 yrs or older), OR 12-17 yrs old and have completed Teen Weight Training or Youth Wellness Orientation to participate in adult group classes. Instructors and class formats are subject to change.			StudioA Mon-Thur 9:00am-8:00pm Fri 9:00am-6:30pm Sat-Sun 9:00am-2:30pm			

YMCA Bethesda-Chevy Chase

Spring II Schedule

April 22nd-June 16th

Inclement Weather Hotline:

301-530-9622

301-530-3725

www.ymcadc.org

www.facebook.com/ybcc1

www.twitter.com/YMCABCCGEX



Estension Site Closures

CSA

Monday 4/22

PUMP, CCP, CSA

Monday 5/27

9401 Old Georgetown Rd, Bethesda

Studio A- YMCA BCC

Studio B- YMCA BCC

PUM-Potomac United Methodist Church

9908 S Glen Rd. Potomac

CCP-Chevy Chase Presbyterian Church

1 Chevy Chase Circle Chevy Chase

CSA-Concord St. Andrews Methodist Church

5901 Goldsboro Rd. Bethesda

YMCA Bethesda-Chevy Chase Class Descriptions

Cardio Classes

BodyCombat® – is a high-energy kickboxing-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class

BodyJam® – House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music are the soul of this energizing dance class.

Belly Dance Workout – Spice up your exercise routine! With easy to follow routines, this class incorporates posture, muscle isolation, and flexibility.

CardioLite – This class includes a low-impact cardiovascular workout, while incorporating balance, flexibility, coordination and resistance training.

H.E.A.T – High Energy Aerobic Training – Cardio and strength training in a fast paced atmosphere. Using body weight, bands and balls to rock your body!

Indoor Group Cycle – The following formats are taught at the Bethesda-Chevy Chase YMCA

**All Terrain Cycle: incorporates hills, flat roads and inclines, allowing focus to be on endurance. "Express" class denotes a 45 minute format*

**Power&Speed Cycle: takes on terrain through hills, flat roads, mountain peaks, time trials, and Tabata style intervals.*

**Cycle&Sculpt: spend a portion the class focusing on cardio on the bike, then hit the mat for total body strengthening, and end with deep stretching.*

Interval Cross Training – This class includes intervals of cardio and strength exercises utilizing equipment such as weights, tubing and the stability ball.

Kickboxing– This class emphasizes cardio and strength conditioning through traditional and cardio kickboxing moves. Specific drills are included to improve hand-eye coordination and overall performance.

Y Fusion – Drawing from a wide variety of music genres, this class includes an energetic dance workout, strength training, and stretching.

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

Zumba Toning® – Dance into fitness with the added challenge of resistance using light weights to help focus on specific muscle groups in this 45-minute class.

Strength, Yoga, Stability, Core and More:

BodyFlow® – A Yoga, Tai Chi, Pilates combination workout that builds flexibility and strength, leaving you feeling centered and calm. Flow with music!

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

Integrated Strength – Using resistance to strengthen every muscle group, this class will help you work toward maintaining muscle mass and bone density.

CardioLite – Feel better, have fun, and make new friends! This class will help improving posture, balance, coordination, range of motion, and flexibility.

Barre Fitness– This workout combines the best elements of ballet barre with pilates, sports conditioning and flexibility training.

Mat Pilates – Tone and condition your body using the principles of Pilates. This class will take you through strength, conditioning, stretching, and posture alignment.

Strength&Stability– Designed to help improve and maintain strength, flexibility and balance – this class will also emphasizes good postural alignment & relaxation.

Stretch & Relax– Refresh your mind and muscles with gentle stretches and meditation. Perfect for all fitness levels.

Tai Chi – A graceful form of exercise that is used for stress reduction and a variety of other health conditions through gentle, flowing movements.

Yoga – The following Yoga formats are taught at Bethesda-Chevy Chase YMCA:

**Hatha Yoga is the foundation of all Yoga styles. It incorporates postures, regulated breathing, and meditation into a complete system that can be used to achieve enlightenment or self-realization.*

**Vinyasa Yoga offers a wide variety of poses, sequences, and challenging progressions synced with the breath.*

**Yoga Strength is a combination of isolated Yoga poses that transition to improved flexibility and core strength.*