


| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|---|---|---|--|---|---|--|
| 6:00AM CoachByColor@ Cycle<br>Cylce Studio Andrea M   | 6:00AM BodyPump@<br>Studio II Amy Q                     | 6:00AM CoachByColor@ Cycle<br>Cycle Studio Lisa S   | 6:00AM BodyPump@<br>Studio II Matt M               | 6:00AM Cycle&Sculpt<br>Cycle Studio Lisa S/Katie C        | 7:15AM BodyJam@<br>Studio II Dana V   | 8:15AM Y Fusion<br>Studio II Alison C              |
| 7:00AM Y Fusion<br>Studio II Susana W                 | 7:15AM Integrated Strength<br>Studio II Susana W        | 6:00AM Hatha Yoga<br>Studio I Shahrzad S            | 7:15AM Integrated Strength<br>Studio II Susana W   | 6:00AM Hatha Yoga<br>Studio I Shahrzad S                  | 8:30AM BodyPump@<br>Studio II Alison K  | 8:15AM CoachByColor@ Cycle<br>Cycle Studio Lisa S  |
| 8:30AM Hatha Yoga<br>Studio I Shahrzad S              | 8:30AM Y Fusion<br>Studio II Susana w                   | 7:00AM Y Fusion<br>Studio II Krista M               | 7:15AM Freedom Barre@<br>Studio I Salma A          | 7:00AM Y-Fusion<br>Studio II Krista M                     | 8:45AM CBC@ Cycle Express<br>Cycle Studio Eileen H                                  | 9:30AM CoachByColor@ Cycle<br>Cycle Studio Katie M |
| 8:30AM CBC@ Cycle Express<br>Cycle Studio Eileen H    | 8:30AM CBC@ Cycle Express<br>Cycle Studio Veronica W    | 8:30AM Iyengar Yoga<br>Studio I Ela R               | 8:30AM CBC@ Cycle Express<br>Cycle Studio Eileen H | 8:30AM CBC@ Cycle Express<br>Cycle Studio Amy Q           | 9:45AM BodyJam@<br>Studio II Kim H  | 9:30AM Y Fusion<br>Studio II Krista/Janet          |
| 8:30AM Y Fusion<br>PUM Nancy W                        | 9:30AM Integrated Strength<br>CCP Carol S               | 8:30AM CBC@ Cycle Express<br>Cycle Studio Eileen H  | 8:30AM Vinyasa Yoga<br>Studio I Marissa G          | 8:30AM Y Fusion<br>PUM Nancy W                            | 9:45AM CoachByColor@ Cycle<br>Cycle Studio Christelle M                             | 10:45AM BodyStep@<br>Studio II Julie T             |
| 9:00AM Y Fusion<br>CSA Carol S/Veronica W             | 9:45AM Cardio Kickboxing<br>Studio II Laura G           | 8:30AM Y Fusion<br>PUM Nancy W                      | 9:30AM Integrated Strength<br>CCP Carol S          | 9:00AM Y Fusion<br>CSA Carol S                            | 11:00AM Zumba@<br>Studio II Teonna L/Sub  | 10:45AM Vinyasa Yoga<br>Studio I Apollo S          |
| 9:45AM Integrated Strength<br>Studio II Christelle M  | 9:45AM CoachByColor@ Cycle<br>Cycle Studio Lisa S       | 9:00AM Y Fusion<br>CSA Carol S/Veronica W           | 9:45AM BodyJam@<br>Studio II Kim H                 | 9:45AM BodyFlow@<br>Studio I Amy Q                        | 11:00AM Mat Pilates<br>Studio I Christelle M  | 12:00PM BodyJam@<br>Studio II Gwen M               |
| 9:45AM Barre Fitness<br>Studio I Tatyana B            | 11:00AM Y Fusion<br>Studio II Donna G                   | 9:45AM BodyPump@<br>Studio II Kim H                 | 9:45AM Cycle&Sculpt<br>Cycle Studio Debbie C       | 9:45AM BodyPump@<br>Studio II Salma A                     | 12:15PM Hatha Yoga<br>Studio I Shahrzad S   | 12:00PM Hatha Yoga<br>Studio I Shahrzad S          |
| 9:45AM Cycle&Sculpt<br>Cycle Studio Debbie C          | 11:00AM Mat Pilates<br>Studio I Cecilia P               | 9:45AM CoachByColor@ Cycle<br>Cycle Studio Debbie C | 9:45AM Hatha Yoga<br>Studio I Tatyana B            | 9:45AM CoachByColor@ Cycle<br>Cycle Studio Lisa S         | 1:30PM Integrated Strength<br>Studio II Christelle M                                | 1:15PM ZumbaToning@ 45<br>Studio II Teonna L/Sub   |
| 11:00AM Mat Pilates<br>Studio II Christelle M         | 12:15PM Vinyasa Yoga<br>Studio II Sun B                 | 9:45AM Freedom Barre@<br>Studio I Miho A            | 11:00AM Zumba Toning@<br>Studio II Riko S          | 11:00AM Y Fusion<br>Studio II Rotation                    |  | 1:15PM Vinyasa Yoga<br>Studio I Salma A            |
| 11:00AM H.E.A.T.<br>Studio I Laura G                  | 12:15PM Freedom Barre@<br>Studio I Diane R              | 11:00AM H.E.A.T.<br>Studio II Laura G               | 12:15PM Vinyasa Yoga<br>Studio II Jenn K           | 12:15PM Cardio Kickboxing<br>Studio II Laura G            |   | 2:30PM BodyPump@<br>Studio II Salma A              |
| 12:15PM Belly Dance<br>Studio II Keylan Q             | 1:30PM Strength&Stability<br>Studio II Amy Q            | 11:00AM Mat Pilates<br>Studio I Tatyana B           | 1:30PM Stength&Stability<br>Studio II Christelle M | 12:15PM Strech&Relax<br>Studio I Linda L                  |   | 2:30PM Tai Chi Quan<br>Studio I Harold S           |
| 12:15PM Vinyasa Yoga<br>Studio I Jenn K               | 5:15PM Y Fusion<br>Studio II Janet A                    | 12:15PM Zumba @<br>Studio II Riko S                 | 5:15PM Zumba@<br>Studio II Celine G                | 1:30PM CardioLite<br>Studio II Carol S                    |   |  |
| 1:30PM CardioLite<br>Studio II Laura S                | 5:15PM CoachByColor@ Cycle<br>Cycle Studio Christelle M | 1:30PM CardioLite<br>Studio II Nancy W              | 5:15PM Y Fusion<br>Studio I Janet A                | 1:30PM Tai Chi Quan<br>Studio I Linda L                   |   |  |
| 5:00PM BodyJam@<br>Studio II Kim H                    | 6:30PM Y Fusion<br>Studio II Alison C/Krista M          | 5:00PM BodyJam@<br>Studio II Gwen M                 | 5:15PM Coach By Color@ Cycle<br>Cycle Studio Joe O | 4:00PM Mat Pilates Express<br>Studio I Christelle M       |   |  |
| 5:00PM Yoga Strength<br>Studio I Salma A              | 6:30PM Vinyasa Yoga<br>Studio I Salma A                 | 6:15PM BodyPump@<br>Studio II Amy O                 | 6:30PM Y Fusion<br>Studio II Krista M/Alison C     | 5:00PM BodyJam@ Express<br>Studio II Diane R/Dana V       |   |  |
| 6:15PM CoachByColor@ Cycle<br>Cycle Studio Veronica W | 7:45PM BodyJam@<br>Studio II Dana V                     | 6:15PM CoachByColor@ Cycle<br>Cycle Studio Lisa S   | 6:30PM CoachByColor@ Cycle<br>Cycle Studio Helen D | 5:00PM Vinyasa Yoga Express<br>Studio I Soraya A          |   |  |
| 6:15PM IntervalCrossTraining<br>Studio II Krista M    |   | 6:15PM Freedom Barre@<br>Studio I Diane R           | 6:45PM StrongByZumba@ 45<br>Studio I Maricel C     | 6:00PM BodyPump@ Express<br>Studio II Instructor Rotation |   |  |
| 6:15PM Zumba@<br>Studio I Ruth B                      |   | 7:30PM Zumba@<br>Studio II Ken S                    | 7:45PM Belly Dancing<br>Studio II Keylan Q         | 7:00PM ZumbaToning@ 45<br>Studio II Ruth B                |   |  |
| 7:30PM CoachByColor@ Cycle<br>Cycle Studio Helen D    |   |   | 7:45PM Mat Pilates Express<br>Studio I Maricel C   |   |   |  |
| 7:30PM BodyPump@<br>Studio II Julie T                 |   |   |  |   |   |  |

**YMCA Bethesda-Chevy Chase**  
**Fall I 2019**  
**Sep 3rd-Oct 27th**  
**Inclement Weather Hotline: (301) 530-9622**  
**Front Desk: 301-530-3725**  
**www.ymcadc.org**  
**www.facebook.com/ybcc1**  
*For Group Exercise Alerts, Follow:*  
[www.twitter.com/YMCABCCGEX](http://www.twitter.com/YMCABCCGEX)  
**9401 Old Georgetown Rd, Bethesda**  
**Studio II- YMCA BCC (Upper Level of GEC Building)**  
**Studio I- YMCA BCC (Lower Level of Wellness Center)**  
**Cycle Studio- YMCA BCC (Lower Level of GEC Building)**

**Group Ex Policies**

Kindly refrain from wearing fragrances to class. Proper footwear is required per class format. Members must be 18 yrs old, OR 13-17 yrs old accompanied by an adult (18 yrs or older), OR 13-17 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.

**Cool Kid's Club Hours**  
*Main Building*  
 Mon-Thur 9:00am-8:00pm  
 Fri 9:00am-6:30pm  
 Sat-Sun 9:00am-2:30pm

**PUM, CCP, CSA Closure**  
**Monday Oct 14th**

**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

**BodyJam®** – House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music are the soul of this energizing dance class. "Express" class denotes a 45-min format.

**BodyStep®** – Cardio movements, over, and around the step push fat burning systems into high gear followed by muscle conditioning tracks that will shape and tone.

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

**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

*\*CBC Cycle - The Coach By Color® method provides zonal training stimulated by color! The method incorporated FTP (Functional Threshold of Power) to achieve results!*

*\* 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.*

*"Express" class denotes a 45 minute format.*

**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

**Strong By Zumba® 45**– This 45-minute format combines body weight, muscle conditioning, cardio and plyometric training synced to music!

**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. "45" denotes a 45-minute format.

## 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! "Express" class denotes a 45 minute format.

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

**CardioLite** – This senior-friendly, low-impact class will improve cardio, balance, and range of motion with 30-min of cardio and 30-min of strength-flexibility training.

**Freedom Barre®**– a ballet inspired strength, flexibility and balance workout that is choreographed to music and will tone the entire body!

**Guided Meditation**– Practice 2-3 meditative techniques to increase mind-body awareness including seated meditation, full body scan, and techniques to move energy.

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

**Mat Pilates** – Tone and condition your body using the principles of Pilates. This class will take you through strength, conditioning, stretching, and posture alignment. "Express" class denotes a 45 minute format.

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

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

**Tai Chi Quan**– Move through self-defense inspired techniques to increase balance and spinal stability.

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

*\*Hatha Yoga 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. "Express" denotes 45-minute format.*

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

*\*Iyengar Yoga focus on correct body alignment through a variety of yoga poses to gain strength, flexibility, balance and overall body awareness*