



NOVEMBER 2019

YMCA BETHESDA-CHEVY CHASE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27

28

29

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31

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37TH ANNUAL TURKEY CHASE CHARITY RACE - Each year, thousands of runners come together on Thanksgiving day in support of the YMCA's Youth and Family Services, YMCA Bethesda-Chevy Chase and the Bethesda-Chevy Chase Rotary Club Foundation. Be a part of the tradition!

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Food Drive
November!

Zumba
12:15 - 1:15pm

Couch to 5K
5:00 - 6:00pm

Mat Pilates
Express
12:15 - 12:45pm

Game Day!
11:00 - 12:00pm

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Meet the
Trainer
11:00 - 3:00pm

Veterans Day

New Member
Orientation

Body Jam
5:00 - 6:00pm

Couch to 5K
5:00 - 6:00pm

CXWORX
6:30 - 7:00am

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Open House

Coach By Color
Cycling
8:30 - 9:00am

Cool Kids
Arts & Crafts
10:00am - Noon

Meet the Trainer
11:00 - 3:00pm

Couch to 5K
5:00 - 6:00pm

Open Swim
5:00 - 7:00pm

Member
Appreciation Day

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25

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27

Turkey
Chase

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Body Step
10:45 - 11:15am

Turkey Chase
Packet Pick-Up

Turkey Chase
Packet Pick-Up

Turkey Chase
Packet Pick-Up

Y Facility Closed
for Thanksgiving!

After
Thanksgiving
Wellness
Program
Challenge
(through 12/31)