








Silver Spring Wellness and Youth Programs Schedule

January 2-January 31, 2020

YMCA Silver Spring - 9800 Hastings Dr. Silver Spring, MD 20901 - (301) 585-2120

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym	6:00-6:30 AM EXP. Core Susan	6:05-6:50 AM Express Cycle © Alison	6:00-6:30 AM EXP. Core Susan	6:00-7:05 AM Cycle © Elaine	6:00 - 7:05AM BodyPump® Kym	7:00-8:00 AM Y-Fusion Sue	7:00-8:05 AM Cycle © Annie
	6:35-7:35 AM Functional Fitness Chris	7:30-8:30 AM Tai Chi Michael	6:35-7:35 AM H.E.A.T. Pierce	8:15-9:00 AM Balance Challenge \$ Kym	7:15-8:15 AM Tai Chi Michael	8:05-9:05 AM Zumba® Teonna/Dee	8:15 - 9:05 AM Express BodyPump® Kym/Janet
	8:15-9:15 AM Cardiolite Sue 	8:30-9:05 AM Tai Chi Push Hands Michael	8:15-9:15 AM Cardiolite Sue 		8:15-9:15 AM Cardiolite Sue 	9:15-10:15 AM H.E.A.T. Lisa ©	9:30-10:30 AM Vinyasa Yoga Caren ©
	9:30-10:35 AM H.E.A.T. Kym	9:15-10:15 AM Yoga 101 Madeleine	9:30-10:35 AM BodyPump® Marketa/Kym	9:00-10:00 AM PHD Preschool	9:30-10:35 AM H.E.A.T. Pierce	10:30-11:30 AM Cycle © Elaine	10:45-11:45 AM Hatha Yoga Charles ©
	11:00-11:55 AM Danceworkz Alvina	10:15-11:15 AM PHD Preschool	11:00-11:55 AM Danceworkz Alvina	10:00 -11:05 AM Zumba® Cindi	11:00-12:00 PM Danceworkz Alvina		
	12:00-1:05 PM Body Sculpt Lisa	11:30A-12:35P Cycle © Kym	12:00-1:05 PM Functional Fitness Chris 	11:15A-12:20P Cycle © Marketa		12:00-3:00 PM Youth Sports	
	3:30-5:30 PM Youth Sports	3:30-6:15 PM Youth Sports	3:30-6:15 PM Youth Sports	3:30-6:15 PM Youth Sports	3:30-8:30 PM Youth Sports		
	5:30-8:35 PM Monday Medley	6:30-7:35 PM Zumba® Katherine	6:30-7:15 PM Express HIIT + Core Janet			All class formats and instructors are subject to change/cancellations without notice. We will make every effort to provide as much notice as possible.	
			7:30-8:35 PM Cycle © Elaine	7:45-8:50 PM Zumba® Maggie			

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio				7:00-7:55/8:00-8:55AM Integrated Strength Susan	6:30-7:30 AM Hatha Yoga Charles	6:35 - 7:35 AM Body Sculpt Alison	6:45-7:45 AM Hatha Yoga Charles	
	7:00-8:00 AM Hatha Yoga Sheree	9:30-10:30 AM Stability Ball Sculpt Lisa ©	9:00-10:00 AM PHD Preschool	8:00-9:00 AM Freedom Barre Chris	NEW		8:00-9:00 AM Pilates Mat Alison	
	8:15-9:15 AM Integrated Strength Susan	11:15-11:45 AM PHD Preschool	10:00-10:30 AM \$ Better Balance Mark	9:30-10:30 AM Stability Ball Sculpt Lisa ©		9:00-10:00 AM Hatha Yoga Joan	9:00A - 1:00P Youth Sports Dance	
	9:30-10:30 AM Yoga 101 Madeleine ©	12:00-12:45 PM \$Better Balance Mark	10:45-11:30 AM Pilates Mat (Beg.) Jessica	10:45 - 11:15 AM Tabata Kym		10:15-11:15 AM Pilates Mat (Adv.) Jessica		
	11:00-11:30 AM \$ Better Balance Mark		11:30A-12:15PM Pilates Mat (Int.) Jessica	12:00-12:45 PM \$Better Balance Mark		11:30-12:00 PM \$ Better Balance Mark		
	11:30-12:30 AM PHD Preschool	5:00-5:45 PM \$ Kenpo	5:15-6:15 PM Yoga Strength Sarah				 Silver Sneakers Approved Class	
	6:05-6:35 PM EXP. Core Susan	6:00-6:45 PM \$ Kenpo	6:25-6:55 PM EXP. Core Susan				\$ Class requires pre-registration and additional fee.	
	6:40-7:40 PM Y-Fusion Sue		7:00-8:00 PM Int/Adv Hatha Yoga Robin				 © Indicates Pass Required due to space/equipment limitations.	
	7:45-8:45 PM Hatha Yoga Caren		8:05-9:05 PM Belly Dance Terry				Inclement Weather Hotline: (301) 588-0763	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alternate Locations	9:45-10:45 AM Iron Maidens Chris T. © Free Wt. Room	6:30-7:15/7:15-8:00 AM Men's Strength Training Pierce © Free Wt. Room	9:45-10:45 AM Iron Maidens Lisa © Free Wt. Room	6:30-7:15/7:15-8:00 AM Men's Strength Training Pierce © Free Wt. Room	9:45-10:45 AM Iron Maidens Marketa © Free Wt. Room			
	5:15-6:00 PM \$ Teen Strength Brian Cybex Room		7:00-7:30 PM Weight Room Wednesday Brian	5:15-6:00 PM \$ Teen Strength Brian Cybex Room				
			7:30-8:30 PM \$ Power Lifting for 1RM Brian Free Wt. Room					

12/20/19