

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM CoachByColor® Cycle Cycle Studio Andrea M	6:00AM BodyPump® Studio 2 Amy Q	6:00AM CoachByColor® Cycle Cycle Studio Lisa S	6:00AM BodyPump® Studio 2 Matt M	5:45AM BodyPump+CXWORX® Studio 2 Yan B	6:30AM CXWORX® Studio 1 Yan B	8:15AM Y Fusion Studio 2 Alison C
6:00AM CXWORX+BodyFlow® Studio 1 Stefanie T	7:15AM CXWORX® Studio 1 Stefanie T	6:00AM Vinyasa Yoga Studio 1 Shahrzad S	7:15AM CXWORX® Studio 1 Salma A	6:00AM Cycle&Sculpt Cycle Studio Katie K	7:15AM BodyJam® Studio 2 Dana V	8:15AM CoachByColor® Cycle Cycle Studio Lisa S
7:00AM Y Fusion Studio 2 Susana W	7:15AM Integrated Strength Studio 2 Susana W	6:00AM CardioKickboxing 45 Studio 2 James H	7:15AM Integrated Strength Studio 2 Susana W	6:00AM Hatha Yoga Studio 1 Shahrzad S	8:30AM Freedom Barre® Studio 1 Diane R	9:30AM CoachByColor® Cycle Cycle Studio Katie M
8:30AM Hatha Yoga Studio 1 Shahrzad S	8:30AM Y Fusion Studio 2 Susana W	7:00AM Y Fusion Studio 2 Krista M	8:30AM CBC® Cycle Express Cycle Studio Eileen H	7:00AM Y-Fusion Studio 2 Krista M	8:30AM BodyPump® Studio 2 Alison K	9:30AM Y Fusion Studio 2 Andy B
8:30AM CBC® Cycle Express Cycle Studio Eileen H	8:30AM CBC® Cycle Express Cycle Studio Veronica W	8:30AM Iyengar Yoga Studio 1 Ela R	8:30AM Vinyasa Yoga Studio 1 Marissa G	8:30AM CBC® Cycle Express Cycle Studio Amy Q	8:45AM CBC® Cycle Express Cycle Studio Eileen H	10:45AM BodyStep® Studio 2 Julie T
9:45AM Freedom Barre® Studio 1 Miho A	9:45AM Cardio Kickboxing Studio 2 Laura G	8:30AM CBC® Cycle Express Cycle Studio Eileen H	9:45AM BodyJam® Studio 2 Kim H	9:45AM BodyFlow® Studio 1 Amy Q	9:45AM BodyJam® Studio 2 Kim H	10:45AM Vinyasa Yoga Studio 1 Apollo S
9:45AM Integrated Strength Studio 2 Chrsitelle M	9:45AM CoachByColor® Cycle Cycle Studio Lisa S	9:45AM BodyPump® Studio 2 Kim H	9:45AM Cycle&Sculpt Cycle Studio Debbie C	9:45AM BodyPump® Studio 2 Salma A	9:45AM CoachByColor® Cycle Cycle Studio Christelle M	12:00PM BodyJam® Studio 2 Gwen M
9:45AM Cycle&Sculpt Cycle Studio Debbie C	11:00AM Y Fusion Studio 1 Donna G	9:45AM CoachByColor® Cycle Cycle Studio Debbie C	9:45AM Hatha Yoga Studio 1 Tatyana B	9:45AM CoachByColor® Cycle Cycle Studio Lisa S	11:00AM Zumba® Studio 2 Teonna L	12:00PM Hatha Yoga Studio 1 Shahrzad S
11:00AM Mat Pilates Studio 2 Christelle M	11:00AM Mat Pilates Studio 2 Cecilia P	9:45AM Freedom Barre® Studio 1 Miho A	11:00AM Zumba Toning® Studio 2 Riko S	11:00AM Y Fusion Studio 2 Gail P	11:00AM Mat Pilates Studio 1 Christelle M	1:15PM ZumbaToning® 45 Studio 2 Teonna L
11:00AM H.E.A.T. Studio 1 Laura G	12:15PM Vinyasa Yoga Studio 2 Sun B	11:00AM H.E.A.T. Studio 2 Laura G	12:15PM Freedom Barre® Studio 1 Diane R	12:15PM Cardio Kickboxing Studio 2 Laura G	12:15PM Hatha Yoga Studio 1 Shahrzad S	1:15PM Vinyasa Yoga Studio 1 Salma A
12:15PM Belly Dance Studio 2 Keylan Q	12:15PM Freedom Barre® Studio 1 Diane R	11:00AM Mat Pilates Studio 1 Caren M	12:15PM Vinyasa Yoga Studio 2 Jenn K	12:15PM Gentle Yoga Studio 1 Gail P	1:30PM Integrated Strength Studio 2 Christelle M	2:30PM BodyPump® Studio 2 Salma A
12:15PM Vinyasa Yoga Studio 1 Jenn K	1:30PM Strength&Stability Studio 2 Amy Q	12:15PM Zumba® Studio 2 Riko S	1:30PM Stength&Stability Studio 2 Christelle M	1:30PM CardioLite Studio 2 Carol S		2:30PM Tai Chi Quan Studio 1 Harold S
1:30PM CardioLite Studio 2 Laura S	5:15PM Y Fusion Studio 2 Janet A	1:30PM CardioLite Studio 2 Nancy W	5:15PM Zumba® Studio 2 Celine G	1:30PM Barre Fitness Studio 1 Tatyana B		3:45PM CXWORX® Studio 2 Salma A
5:00PM BodyJam® Studio 2 Kim H	5:15PM CoachByColor® Cycle Cycle Studio Christelle M	5:00PM BodyJam® Studio 2 Gwen M	5:15PM Y Fusion Studio 1 Janet A	4:00PM Mat Pilates Express Studio 1 Christelle M		
5:00PM Yoga Strength Studio 1 Salma A	6:30PM Y Fusion Studio 2 Alison C	6:15PM BodyPump® Studio 2 Amy O	5:15PM CoachByColor® Cycle Cycle Studio Joe O	5:00PM BodyJam® Express Studio 2 Diane R/Dana V		
6:15PM IntervalCrossTraining Studio 2 Krista M	6:30PM Vinyasa Yoga Studio 1 Salma A	6:15PM CoachByColor® Cycle Cycle Studio Lisa S	6:30PM Y Fusion Studio 2 Krista M	5:00PM Vinyasa Yoga Express Studio 1 Soraya A		
6:15PM Zumba® Studio 1 Ruth B	7:45PM BodyJam® Studio 2 Dana V	6:15PM Freedom Barre® Studio 1 Diane R	6:30PM CoachByColor® Cycle Cycle Studio Helen D	6:00PM BodyPump® Express Studio 2 Instructor Rotation		
6:15PM CoachByColor® Cycle Cycle Studio Katie K		7:30PM Zumba® Studio 2 Ken S	6:30PM Vinyasa Yoga Studio 1 Shahrzad S	7:00PM ZumbaToning® 45 Studio 2 Ruth B		
7:30PM CoachByColor® Cycle Cycle Studio Helen D			7:45PM Belly Dancing Studio 2 Keylan Q			
7:30PM BodyPump® Studio 2 Julie T			7:45PM Mat Pilates Express Studio 1 Helen D			



YMCA Bethesda-Chevy Chase
Winter 2020
1/6-2/23

Inclement Weather Hotline: (301) 530-9622
Welcome Center: 301-530-3725
www.ymcadc.org
www.facebook.com/ybcc1

For Group Exercise Alerts, Follow:
www.twitter.com/YMCABCCGEX

9401 Old Georgetown Rd, Bethesda


Studio 1- YMCA BCC (Lower Level of Wellness Center)
Studio 2- YMCA BCC (Upper Level of GEC Building)
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30A <i>Y Fusion</i> <i>PUM Nancy W</i>	9:30A <i>Integrated Strength</i> <i>CCP Carol S</i>	8:30A <i>Y Fusion</i> <i>PUM Nancy W</i>	9:30A <i>Integrated Strength</i> <i>CCP Carol S</i>	8:30A <i>Y Fusion</i> <i>PUM Nancy W</i>	
9:00A <i>Y Fusion</i> <i>CSA Carol S</i>	2:45P **Pilates Reformer StudioB Christelle M	9:00A <i>Y Fusion</i> <i>CSA Veronica W</i>	2:45P **Pilates Reformer StudioB Christelle M	9:00A <i>Y Fusion</i> <i>CSA Carol S</i>	
6:00P **Teen Weight Training Wellness Center Staff	4:00P **Pilates Reformer StudioB Christelle M	6:00P **Teen Weight Training Wellness Center Staff	4:00P **Pilates Reformer StudioB Christelle M		
	5:15P **IntroToMartialArts Studio 1 James H				
	**Denotes a Specialty Fee-Based Class		PUM, CCP, CSA Closure		
	Specialty classes require pre-registration at The Welcome Center. Session date information as well as pricing is available at the welcome center.		Monday January 20th Monday February 17th		
	Specialty And Extension Site Class Schedule Winter Session (Jan 6-Feb 23rd 2020)				
	Location Key				
9401 Old Georgetown Rd, Bethesda					
StudioB- YMCA BCC (Red Trailer)					
Studio 1- YMCA BCC (Lower Level of Wellness Center)					
Wellness Center- YMCA-BCC (Main Building, Lower Level)					
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					