



MARCH 2020 • YMCA BETHESDA-CHEVY CHASE

NATIONAL NUTRITION MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Why the Y?	2 Read A Book Day	3 Barre Fitness 11:00am - 12:00pm	4 Coaches Corner 4:30 - 5:30pm Meet the Trainer 4:30 - 5:30pm	5 Zumba Toning 11:00am - 12:00pm	6 CXWORK 6:30 - 7:30am Pick up a Healthy Recipe	7 Open House 10:00 - 2:00pm
8 Daylight Savings  Vinyasa Yoga 1:15 - 2:15pm	9	10 New Member Orientation 7:00 - 8:00pm	11 Coaches Corner 4:30 - 5:30pm	12 Zumba Toning 11:00am - 12:00pm	13 Pick up a Healthy Recipe	14
15 Vinyasa Yoga 1:15 - 2:15pm March Madness	16	17 Member Appreciation Day	18 Internet Safety 4:30 - 5:30pm	19 Zumba Toning 11:00am - 12:00pm	20 Pick up a Healthy Recipe	21
22 Vinyasa Yoga 1:15 - 2:15pm	23	24 Diabetes Alert Day	25 Meet the Trainer 4:30 - 5:30pm Cooking Demo / Life-style Event in partnership with Suburban Hospital 5:00 - 6:00pm	26 Open House 5:00 - 9:00pm Zumba Toning 11:00am - 12:00pm	27 Pick up a Healthy Recipe	28
29 Vinyasa Yoga 1:15 - 2:15pm	30 Spring Member Registration	31 Barre Fitness 11:00am - 12:00pm	1	2	3	4