



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ALEXANDRIA
STUDIO 1

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

23 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

34 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ALEXANDRIA
STUDIO 2

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

34 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

51 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ALEXANDRIA
CYCLE STUDIO

CYCLE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

27 participants in cycle classes

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANTHONY BOWEN
GROUP EXERCISE STUDIO

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

27 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

41 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANTHONY BOWEN
PILATES STUDIO

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

8 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

12 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANTHONY BOWEN
CYCLE STUDIO

CYCLE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

52 participants in cycle classes

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ARLINGTON
MULTIPURPOSE ROOM

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

29 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

43 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ARLINGTON
SACC ROOM

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

9 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

13 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ARLINGTON
LOFT

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

8 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

12 participants in stationary classes

Examples: Pilates, Yoga

23 participants in cycle classes

*Class formats are not limited to the examples given.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BETHESDA-CHEVY CHASE
STUDIO 2

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

19 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

29 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BETHESDA-CHEVY CHASE
STUDIO 1

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

11 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

16 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BETHESDA-CHEVY CHASE
CYCLE STUDIO

CYCLE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

33 participants in cycle classes

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BETHESDA-CHEVY CHASE
STUDIO B

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

18 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

26 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA FAIRFAX COUNTY RESTON
STUDIO A

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

23 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

34 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA FAIRFAX COUNTY RESTON
STUDIO B

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

23 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

34 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA FAIRFAX COUNTY RESTON
CYCLE STUDIO

CYCLE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

22 participants in cycle classes

If you have any questions or need assistance, please speak with a Wellness Director.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA SILVER SPRING
GYM

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

28 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

42 participants in stationary classes

Examples: Pilates, Yoga

79 participants in cycle classes

*Class formats are not limited to the examples given.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA SILVER SPRING
STUDIO

GROUP EXERCISE STUDIO CAPACITY

Classes can support the following maximum participation levels based on format:

8 participants in movement-based classes

Examples: Bootcamps, Kickboxing, Body Pump, Zumba

12 participants in stationary classes

Examples: Pilates, Yoga

***Class formats are not limited to the examples given.**

If you have any questions or need assistance, please speak with a Wellness Director.