

# YMCA Bethesda-Chevy Chase Wellness Programs

## FALL II Session: October 30, 2017 - December 24, 2017

PROGRAM					INSTRUCTOR/ LOCATION	MEMBER	PROGRAM MEMBER	
<b>Teen Weight Training</b>					Ages		Cardio/Strength Room	
10000 24	Tue/Thur	6:00PM - 7:00PM	13 to 15	Nov 7, 9, 14, 16	Ryan	\$75.00	NA	
10000 22	Mon/Wed	6:00PM - 7:00PM	13 to 15	Dec 4, 6, 11, 13	Ryan	\$75.00	NA	
<b>Pilates Reformer</b>					Wellness Studio			
01902 01	Tue	2:30PM - 3:30PM	18+	10/31-12/19	Christelle	\$149.00	\$179.00	
01902 03	Tue	3:45PM - 4:45PM	18+	10/31-12/19	Christelle	\$149.00	\$179.00	
01902 02	Thu	8:15AM - 9:15AM	18+	11/02-12/21	Christelle	\$131.00	\$157.00	
01902 07	Thu	2:45PM - 3:45PM	18+	11/02-10/21	Christelle	\$131.00	\$157.00	
<b>Specialty Fitness Classes</b>								
Self Defense	01601 01	Sat	10:30AM - 12:25PM	16+	09/09-10/28	Tony - Studio	\$250.00	\$330.00

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[www.ymcadc.org](http://www.ymcadc.org)  
[www.facebook.com/ybcc1](https://www.facebook.com/ybcc1)



Wellness Director: Jason Jackson

10/13/2017

**Just Stretch** - This 30 minute class focuses on stretching and releasing muscle tension. Using a stretch strap and foam roller, along with tradition techniques, you will learn how muscles work together and the most effective way to either prepare the body for movement or to help the body recover. Registration includes a stretch strap and 12 inch high density foam roller.

**Self Defense** - Self defense combines awareness, assertiveness, and verbal confrontation skills with safety strategies and physical techniques that enable someone to successfully escape, resist and survive an attack. This course provides psychological awareness and verbal skills - not just physical training.

**Teen Weight Training** - This 4 class course is required for teens ages 13 to 15 to gain access to wellness areas and group exercise classes. If your teen is unable to attend at these scheduled times, contact the Wellness Director to arrange a private class.

**Massage Therapy** - There is no denying that massage therapy is a powerful ally in your wellnes regimen. Once regarded as a luxury, massage therapy has been proven to help manage stress, decrease anxiety, enchance the quality of sleep, improve concentration, increase circulation and reduce fatigue. Whether you suffer from low back pain, neck and shoulder stiffness, carpal tunnel, painful joints, depression or stress - massage therapy may help alleviate theres issues. Our Therapist offer various techniques and styles that are sure to meet your needs.

**Pilates Reformer**-The reformer offers all the famous benefits of Pilates including overall strength, flexibility, coordination and balance. The reformer creates a unique and varied strength building exercise environment. By pushing and pulling with your legs or arms against the springs and carriage, while using body weight allows the reformer to be set-up for "eccentric contractions"- this is when a muscle lengths as it resists a force resulting in long, lean and strong muscles.

**Personal Training** - A personal trainer helps clients achieve their fitness and health goals through motivating and educating them. It's much more than giving out exercise programs; Personal trainers save lives. Personal trainers work with a wide a variety of clients, identifying their goals (e.g. increase strength, improve fitness, weight loss) and writing personalized programs for them. They can also assist with injury rehab or work with specialty conditions such as diabetes, osteopenia, parkinsons and joint replacements. Our Y Trainers are here to help you achieve your goals, contact the Wellness Director to arrange a free consultation.

**Run the Flint** - This is a free running club open to everyone in our community. The group meets weekly and the 3rd Saturday of every month for distance runs. For more information contact the Wellness Director or check the groups facebook page.

**CPR/AED/First Aid Certification** - This course is open to non-members for a fee of \$80. Certifications are valid for 2 years. Contact the Assistant Aquatics Director for more information. [emily.hutton@ymcadc.org](mailto:emily.hutton@ymcadc.org)