



FIT AND WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 55 AND OLDER

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Part of the Senior Service Network Supported by
The D.C. Office on Aging

Site	Address	Wards	Class Description	Start Time	End Time	Instructor	Days Offered	Column1
Barry Farms Aquatic Center	1230 Sumner Rd SE.	Ward 8	Shallow Aqua Aerobics	11:30:00 AM	12:30:00 PM	Jeanmarie Brown	Wed, Fri	Aqua
Deanwood Aquatic Center	1350 49th Street NE.	Ward 7	Shallow Aqua Aerobics	8:30:00 AM	9:30:00 AM	Kim Scales-Deal	Tuesday	Aqua
Deanwood Aquatic Center	1350 49th Street NE.	Ward 7	Aqua Aerobics Deep Water Tues, Thu	8:30:00 AM	9:30:00 AM	Kim Scales-Deal	Thursday	Aqua
Turkey Thicket Aquatic Center	1100 Michigan Ave NE.	Ward 5	Aqua Aerobics	8:00:00 AM	9:00:00 AM	Kathy Wimbush	Mon, Wed Fri	Aqua
Turkey Thicket Aquatic Center	1100 Michigan Ave NE.	Ward 5	Aqua Aerobics	9:00:00 AM	10:00:00 AM	Walter Smith	Mon, Wed Fri	Aqua
William H. Rumsey Aquatic Center	635 North Carolina Ave SE.	Ward 6	Shallow Aqua Aerobics	8:00:00 AM	9:00:00 AM	Jeanmarie Brown	Mon, Wed Fri	Aqua
William H. Rumsey Aquatic Center	635 North Carolina Ave SE.	Ward 6	Shallow Aqua Aerobics	9:00:00 AM	10:00:00 AM	Jeanmarie Brown	Mon, Wed Fri	Aqua
Woodson Aquatic Center	540 55th Street NE.	Ward 7	Aqua Aerobics	7:00:00 AM	8:00:00 AM	Kim Scales-Deal	Tues & Thurs	Aqua
Wilson Aquatic Center	4551 Fort Dr NW.	Ward 3	Aqua Aerobics	9:30:00 AM	10:30:00 AM	Walter Smith	Tues & Thurs	Aqua
Ft. Stevens Senior Center	1327 Van Buren St NW.	Ward 4	Strength & Resistance	10:30:00 AM	11:30:00 AM	Adriene Buist	Monday	DPR
Ft. Stevens Senior Center	1327 Van Buren St NW.	Ward 4	Strength & Resistance	10:30:00 AM	11:30:00 AM	Adriene Buist	Wed	DPR
Ft. Stevens Senior Center	1327 Van Buren St NW.	Ward 4	Zumba Gold	10:15:00 AM	11:15:00 AM	Kathy Wimbush	Thurs	DPR
Ft. Stevens Senior Center	1327 Van Buren St NW.	Ward 4	Cardio Lite	12:30:00 PM	1:30:00 PM	Monica Waters	Friday	DPR
Green Leaf Senior	1200 Delaware Ave SW.	Ward 6	Sit & Get Fit	2:00:00 PM	3:00:00 PM	Rodney Jordan	Wed	DPR
Kennedy Rec Center	1401 7th St NW.	Ward 2	Sit & Get Fit	11:00:00 AM	12:00:00 PM	Walter Smith	Thurs	DPR
Therapeutic Center	3030 G St SE.	Ward 7	Sit & Get Fit	1:30:00 PM	2:30:00 PM	Patricia Sanker	Wednesday	DPR
Turkey Thicket Community Center	1100 Michigan Ave NE.	Ward 5	Strength & Resistance	10:30:00 AM	11:30:00 AM	Monica Waters	Monday	DPR
Turkey Thicket Community Center	1100 Michigan Ave NE.	Ward 5	Stretching(UR Limits)YOGA	10:30:00 AM	11:30:00 AM	Zarina Rana	Wednesday	DPR
Hattie Holmes Senior Wellness Center	324 Kennedy St NW.	Ward 4	Sticking Around	10:00:00 AM	11:00:00 AM	Angie Rice	Friday	DCOA
Hattie Holmes Senior Wellness Center	324 Kennedy St NW.	Ward 4	Strength & Resistance	9:00:00 AM	10:00:00 AM	Monica Waters	Monday	DCOA
Hattie Holmes Senior Wellness Center	324 Kennedy St NW.	Ward 4	Strength & Resistance	9:00:00 AM	10:00:00 AM	Monica Waters	Wednesdays	DCOA
Hattie Holmes Senior Wellness Center	324 Kennedy St NW.	Ward 4	Strength & Resistance	9:00:00 AM	10:00:00 AM	Monica Waters	Friday	DCOA
Hayes Senior Wellness Center	500 K St NE.	Ward 5	NEW Student Orientation	12:00:00 PM	1:00:00 PM	William Yates	Wednesdays	DCOA
Hayes Senior Wellness Center	501 K St NE.	Ward 5	Self Defense/Cardio	11:00:00 PM	12:00:00 PM	Kwame Wutoh	Tues & Thurs	DCOA
Hayes Senior Wellness Center	502 K St NE.	Ward 5	Line Dancing	10:00:00 AM	11:00:00 AM	Angie Rice	Monday	DCOA
Model Cities Senior Wellness Center	1901 Evarts St NE.	Ward 5	Strength & Resistance	3:30pm	4:30pm	Walter Smith	Tuesday	DCOA
Model Cities Senior Wellness Center	1901 Evarts St NE.	Ward 5	Strength & Resistance	3:30pm	4:30pm	Walter Smith	Wednesday	DCOA
Model Cities Senior Wellness Center	1901 Evarts St NE.	Ward 5	Strength & Resistance	3:30pm	4:30pm	Walter Smith	Thursday	DCOA
Model Cities Senior Wellness Center	1901 Evarts St NE.	Ward 5	Artistic Expression	1:00:00 AM	2:00:00 PM	Cassandra Hardist	Friday	DCOA
Model Cities Senior Wellness Center	1901 Evarts St NE.	Ward 5	Zumba Gold	10:30:00 AM	11:30:00 AM	Kathy Wimbush	Friday	DCOA
Bernice Fontenau Senior Wellness	3531 Georgia Avenue, NW	Ward 1	Line Dancing	11:00:00 AM	12:00:00 PM	Angie Rice	Wednesday	DCOA
Bernice Fontenau Senior Wellness	3531 Georgia Avenue, NW	Ward 1	TBD	8:45:00 AM	9:45:00 PM	TBD	Tuesday	DCOA
Washington Seniors Wellness Center	3001 Alabama Avenue, SE	Ward 8	Sticking Around	2:00:00 PM	3:00:00 PM	Angela Rice	Monday	DCOA

Washington Seniors Wellness Center	3001 Alabama Avenue, SE	Ward 8	KickBoxing	11:30:00 AM	12:30:00 PM	Kwame Wutoh	Wednesday	DCOA
Congress Heights Senior Wellness Cent	3500 Martin Luther King, Jr. Av	Ward 8	Sticking Around/LineDance	10:00:00 AM	11:00:00 AM	Angela Rice	Thursday	DCOA
Congress Heights Senior Wellness Cent	3500 Martin Luther King, Jr. Av	Ward 8	Artistic Expression	9:30:00 AM	10:30:00 AM	Cassandra Hardise	Wednesday	DCOA
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Tai Chi	9:00:00 AM	10:00:00 AM	Jerry Simpson	Fri	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Strength & Resistance	10:00:00 AM	11:00:00 AM	William Yates	Mon, Wed & Fri	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Sit & Get Fit	10:00:00 AM	11:00:00 AM	Kim Scales-Deal	Tues & Thurs	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Strength & Resistance	11:00:00 AM	12:00:00 PM	Kim Scales-Deal	Tues & Thurs	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Men's Fitness	11:00:00 AM	12:00:00 PM	Kim Scales-Deal	Fri	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Spin 4 Seniors	11:00:00 AM	12:00:00 PM	Elizabeth Goetz	Fri	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Yoga	11:00:00 AM	12:00:00 PM	Jessica Woodburn	Mon, Wed, Fri	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Yoga	11:00:00 AM	12:00:00 PM	Zarina Rana	Friday	YClasses
Anthony Bowen YMCA	1325 W Street NW.	Ward 1	Aqua Aerobics	8:00:00 AM	9:00:00 AM	Karen Richburg	Tues & Thurs	YClasses
Armed Forces Retirement H	140 Rock Creek Church Rd NW.	Ward 4	Sit & Get Fit	1:00:00 PM	2:00:00 PM	Walter Smith	Mon, Wed	YClasses
YMCA Capital View	2118 Ridgecrest Ct SE.	Ward 8	Sit & Get Fit	10:00:00 AM	11:00:00 AM	Eddie Van	Tues & Thurs	YClasses
Matthews Memorial	2616 Martin Luther King Jr Ave	Ward 8	Sit & Get Fit	10:30:00 AM	11:30:00 AM	Rodney Jordan	Wed & Fri	YClasses
St. Mary's Court	725 24th St. NW.	Ward 2	Sit & Get Fit	11:30:00 AM	12:30:00 PM	Walter Smith	Tues	YClasses
Unique Residential Center	901 1st St NW.	Ward 2	Sit & Get Fit	1:30:00 PM	2:30:00 PM	Walter Smith	Tues & Thurs	YClasses
Kennedy Rec Center	YMCA Anthony Bowen	Ward 1	Sit & Get Fit	11:00:00 AM	12:00:00 PM	Walter Smith	Tues	YClasses
Chevy Chase Community Center	5601 Connecticut Ave NW.	Ward 4	Tai Chi 2	10:30:00 AM	11:30:00 AM	Norman Greene	Monday	DCOA
Chevy Chase Community Center	5601 Connecticut Ave NW.	Ward 4	Tai Chi 1	11:30:00 AM	11:30:00 AM	Norman Greene	Monday	DCOA
Chevy Chase Community Center	5601 Connecticut Ave NW.	Ward 4	Strength & Resistance I	10:00:00 AM	11:00:00 AM	William Yates	Tues, Thurs	DCOA
Chevy Chase Community Center	5601 Connecticut Ave NW.	Ward 4	Strength & Resistance 2	11:00:00 AM	12:00:00 AM	Darnell Goldsmith	Tues, Thurs	DCOA
Chevy Chase Community Center	5601 Connecticut Ave NW.	Ward 4	Yoga	11:00:00 AM	12:00:00 AM	Zarina Rana	Thursday	DCOA
Chevy Chase Community Center	5601 Connecticut Ave NW.	Ward 4	Line Dance	10:00:00 AM	11:00:00 AM	Darnell Goldsmith	Tues, Thurs	DCOA
Ridge Road	Washington DC	Ward 7	Zumb Gold	10:00:00 AM	11:00:00 AM	Patricia McQueen	Wed & Fri	DCOA
Ridge Road	Washington DC	Ward 7	Stretching(UR Limits)YOGA	10:00:00 AM	11:00:00 AM	Patricia McQueen	Wed & Fri	DCOA
Takoma Aquatic Center	300 Van Buren Street NW.	Ward 4	Shallow Aqua Aerobics	8:30:00 AM	9:30:00 AM	Adriene Buist	Tuesday	DCOA
Takoma Aquatic Center	301 Van Buren Street NW.	Ward 4	Shallow Aqua Aerobics	8:30:00 AM	9:30:00 AM	Adriene Buist	Thursday	DCOA
Takoma Aquatic Center	301 Van Buren Street NW.	Ward 4	Strength & Resistance	10:30:00 AM	11:30:00 AM	Monica Waters	Friday	DCOA
Takoma Aquatic Center	302 Van Buren Street NW.	Ward 4	Stretching(UR Limits)YOGA	11:30:00 AM	12:30:00 AM	Monica Waters	Friday	DCOA
Upsur	4300 Arkansas Ave NW	Ward 4	Sticking Around	11:00:00 AM	12:00:00 AM	Angela Rice	Tuesday	DCOA
Upsur	4300 Arkansas Ave NW	Ward 4	Strength & Resistance	10:30:00 AM	11:30:00 AM	Darnell Goldsmith	Wednesday	DCOA
Trinidad Rec	1310 Childress St NE	Ward 5	Sticking Around/LineDance	1:00:00 PM	2:00:00 PM	Angela Rice	Wednesday	DCOA
Trinidad Rec	1310 Childress St NE	Ward 5	Sticking Around/LineDance	1:00:00 PM	2:00:00 PM	Angela Rice	Friday	DCOA