



FIT AND WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 55 AND OLDER

Washington DC's Premier Senior Fitness Program
*Specifically designed for ages 60+,
 All classes FREE*

Fit Well Seniors Class Schedule

Printed: Thursday, January 16, 2020

Ward 1

Bernice Fonteneau Senior Wellness Center - 3531 Georgia Ave. NW,

| | | | | |
|--|----------------------------------|----------|-----------|----------------|
| Bernice Fonteneau Senior Wellness Center | Music, Meditation, and Me | 11:30 AM | Thursday | Marcus Leonard |
| Bernice Fonteneau Senior Wellness Center | Line Dance | 11:00 AM | Wednesday | Angela Rice |
| Bernice Fonteneau Senior Wellness Center | Cardio-Lite | 11:00 AM | Thursday | Marcus Leonard |
| Bernice Fonteneau Senior Wellness Center | Tai Chi | 10:15 AM | Monday | Jerry Simpson |
| Bernice Fonteneau Senior Wellness Center | Artistic Expression, Arts Crafts | 10:15 AM | Monday | Chelsea Rose |
| Bernice Fonteneau Senior Wellness Center | Sticking Around | 1:30 PM | Wednesday | Angela Rice |

Sarah's Circle - 2551 17th. St. NW,

| | | | | |
|----------------|---------|---------|-----------|---------------|
| Sarah's Circle | Tai Chi | 2:30 PM | Wednesday | Jerry Simpson |
|----------------|---------|---------|-----------|---------------|

Shrine of the Sacred Heart Catholic Church - 3211 Sacred Heart Way NW,

| | | | | |
|--|---------------------------|---------|-------------------|-----------------|
| Shrine of the Sacred Heart Catholic Church | Strength & Resistance | 2:30 PM | Wednesday, Friday | Tristan Simpson |
| Shrine of the Sacred Heart Catholic Church | Music, Meditation, and Me | 4:30 PM | Wednesday, Friday | Marcus Leonard |

YMCA Anthony Bowen - 1325 W St. NW,

| | | | | |
|--------------------|---------------------------|----------|-------------------|-----------------|
| YMCA Anthony Bowen | Aqua Aerobics 4 Seniors | 12:00 PM | Tuesday, Thursday | Kim Scales |
| YMCA Anthony Bowen | Healthy Cooking 4 Seniors | 12:00 PM | Wednesday | Tessa Mork |
| YMCA Anthony Bowen | Core & More 4 Seniors | 10:00 AM | Tuesday, Thursday | Yat Ping Wong |
| YMCA Anthony Bowen | Yoga "Yin" | 10:50 AM | Friday | Tyrerlyn Monica |

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|--------------------|---------------------------|----------|---------------------------|------------------|
| YMCA Anthony Bowen | Yoga "Vinyasa" | 10:50 AM | Wednesday | Vince Lampone |
| YMCA Anthony Bowen | Operation Silver Soldier | 10:00 AM | Monday, Wednesday, Friday | Eddie Van |
| YMCA Anthony Bowen | Aqua Aerobics 4 Seniors S | 8:00 AM | Tuesday, Thursday | Maria Manga |
| YMCA Anthony Bowen | Indoor Cycle 4 Seniors | 11:00 AM | Friday | Maria Manga |
| YMCA Anthony Bowen | Tai Chi | 9:00 AM | Monday, Friday | Jerry Simpson |
| YMCA Anthony Bowen | Strength & Resistance | 11:00 AM | Tuesday, Thursday | William Yates |
| YMCA Anthony Bowen | Yoga | 11:00 AM | Monday | Jessica Woodburn |

Ward 2

Asian and Pacific Islander Senior Center - 417 G Place, NW,

| | | | | |
|--|---------------------------|----------|-------------------|----------------|
| Asian and Pacific Islander Senior Center | Cardio-Lite | 11:00 AM | Monday, Wednesday | Marcus Leonard |
| Asian and Pacific Islander Senior Center | Music, Meditation, and Me | 11:30 AM | Monday, Wednesday | Marcus Leonard |

Oasis Senior Center for the Homeless - 1226 Vermont Ave.,

| | | | | |
|--------------------------------------|---------------------------|----------|----------|----------------|
| Oasis Senior Center for the Homeless | Sit Down, Get Down | 11:00 AM | Tuesday | Marcus Leonard |
| Oasis Senior Center for the Homeless | Music, Meditation, and Me | 12:00 PM | Tuesday | Marcus Leonard |
| Oasis Senior Center for the Homeless | Stretching Your Limits | 1:00 PM | Thursday | Marcus Leonard |
| Oasis Senior Center for the Homeless | Music, Meditation, and Me | 1:30 PM | Thursday | Marcus Leonard |

St. Mary's Court - 725 24th. St. NW,

| | | | | |
|------------------|--------------------|----------|-----------------|--------------|
| St. Mary's Court | Sit Down, Get Down | 11:30 AM | Tuesday, Friday | Walter Smith |
|------------------|--------------------|----------|-----------------|--------------|

Ward 3

Chevy Chase Community Center - 5601 Connecticut Ave. NW,

| | | | | |
|------------------------------|------------------------|----------|-------------------|---------------|
| Chevy Chase Community Center | Strength & Resistance | 10:00 AM | Tuesday, Thursday | Corey Burks |
| Chevy Chase Community Center | Strength & Resistance | 9:15 AM | Saturday | Walter Smith |
| Chevy Chase Community Center | Tai Chi Beninners | 12:30 PM | Monday | Norman Greene |
| Chevy Chase Community Center | Sit Down, Get Down | 12:30 PM | Monday | Kim Scales |
| Chevy Chase Community Center | Stretching Your Limits | 12:00 PM | Tuesday, Thursday | Corey Burks |
| Chevy Chase Community Center | Tai Chi 2 | 11:30 AM | Monday | Norman Greene |

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|------------------------------|--------------------------|----------|-------------------|---------------|
| Chevy Chase Community Center | Tai Chi 1 | 10:30 AM | Monday | Norman Greene |
| Chevy Chase Community Center | Strength & Resistance II | 11:00 AM | Tuesday, Thursday | Corey Burks |

Palisades Recreation Center - 5200 Sherier Pl, NW,

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|-----------------------------|-----------------------|---------|----------|-----------------|
| Palisades Recreation Center | Strength & Resistance | 2:00 PM | Thursday | Tristan Simpson |
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Wilson Aquatic Center - 4551 Fort Drive, NW,

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|-----------------------|-------------------------|---------|-------------------|--------------|
| Wilson Aquatic Center | Aqua Aerobics 4 Seniors | 9:30 AM | Tuesday, Thursday | Walter Smith |
|-----------------------|-------------------------|---------|-------------------|--------------|

Ward 4

Armed Forces Retirement Home - 140 Rock Creek Church Road NW,

| | | | | |
|------------------------------|--------------------|---------|-----------|--------------|
| Armed Forces Retirement Home | Sit Down, Get Down | 1:00 PM | Monday | Walter Smith |
| Armed Forces Retirement Home | Sit Down, Get Down | 1:30 PM | Wednesday | Walter Smith |

Ft. Stevens Senior Center - 1327 Van Buren St. NW,

| | | | | |
|---------------------------|---------------------------|----------|-------------------|----------------|
| Ft. Stevens Senior Center | Cardio-Lite | 12:30 PM | Friday | Marcus Leonard |
| Ft. Stevens Senior Center | Music, Meditation, and Me | 1:00 PM | Friday | Marcus Leonard |
| Ft. Stevens Senior Center | Tai Chi | 11:30 AM | Thursday | Jerry Simpson |
| Ft. Stevens Senior Center | Zumba Gold | 10:15 AM | Thursday | Kathy Wimbush |
| Ft. Stevens Senior Center | Strength & Resistance | 10:30 AM | Monday, Wednesday | Corey Burks |

Genevieve N. Johnson Senior Day Care - 4817 Blagden Ave. NW,

| | | | | |
|--------------------------------------|---------------------------|----------|---------------------|----------------|
| Genevieve N. Johnson Senior Day Care | Music, Meditation, and Me | 1:00 PM | Tuesdays, 1st & 3rd | Marcus Leonard |
| Genevieve N. Johnson Senior Day Care | Sit Down, Get Down | 10:15 AM | Wednesday, Friday | Linda Grymes |

Hattie Holmes Senior Wellness Center - 324 Kennedy St. NW,

| | | | | |
|--------------------------------------|----------------------------------|----------|---------------------------|----------------|
| Hattie Holmes Senior Wellness Center | Music, Meditation, and Me | 9:30 AM | Monday, Wednesday, Friday | Marcus Leonard |
| Hattie Holmes Senior Wellness Center | Cardio-Lite | 9:00 AM | Monday, Wednesday, Friday | Marcus Leonard |
| Hattie Holmes Senior Wellness Center | Men's Fitness | 11:00 AM | Wednesday | Kim Scales |
| Hattie Holmes Senior Wellness Center | Circuit Training | 11:00 AM | Monday | Kim Scales |
| Hattie Holmes Senior Wellness Center | Artistic Expression, Arts Crafts | 10:30 AM | Friday | Chelsea Rose |
| Hattie Holmes Senior Wellness Center | Tai Chi | 9:00 AM | Tuesday, Thursday | Jerry Simpson |

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|--------------------------------------|--------------------------|----------|-----------|------------------|
| Hattie Holmes Senior Wellness Center | Sticking Around | 10:00 AM | Friday | Angela Rice |
| Hattie Holmes Senior Wellness Center | Operation Silver Soldier | 1:00 PM | Wednesday | Eddie Van |
| Hattie Holmes Senior Wellness Center | Yoga | 10:00 AM | Tuesday | Jessica Woodburn |
| Hattie Holmes Senior Wellness Center | Stretching Your Limits | 10:00 AM | Monday | Kim Scales |

Takoma Aquatic Center

- 300 Van Buren St. NW,

| | | | | |
|-----------------------|---------------------------|----------|-------------------|----------------|
| Takoma Aquatic Center | Learn 2 Swim 4 Seniors | 10:00 AM | Saturday | Karen Richburg |
| Takoma Aquatic Center | Aqua Aerobics 4 Seniors S | 8:30 AM | Tuesday, Thursday | Adriene Buist |

Ward 5

Greater Mt. Calvary Holy Church

- 610 Rhode Island Ave. NE,

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|---------------------------------|--------------------|----------|-------------------|--------------|
| Greater Mt. Calvary Holy Church | Sit Down, Get Down | 11:00 AM | Tuesday, Thursday | Linda Grymes |
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Model Cities Senior Wellness Center

- 1901 Evarts St. NE,

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|-------------------------------------|----------------------------------|----------|------------------------------|---------------|
| Model Cities Senior Wellness Center | Artistic Expression, Arts Crafts | 1:00 PM | Friday | Chelsea Rose |
| Model Cities Senior Wellness Center | Zumba Gold | 10:30 AM | Friday | Kathy Wimbush |
| Model Cities Senior Wellness Center | Hand Dancing | 1:30 PM | Thursday | Russell Bacon |
| Model Cities Senior Wellness Center | Strength & Resistance | 3:30 PM | Tuesday, Wednesday, Thursday | Walter Smith |

Turkey Thicket Aquatic Center

- 1100 Michigan Ave., NE,

| | | | | |
|-------------------------------|---------------------------|---------|---------------------------|---------------|
| Turkey Thicket Aquatic Center | Aqua Aerobics 4 Seniors S | 8:00 AM | Monday, Wednesday | Kathy Wimbush |
| Turkey Thicket Aquatic Center | Aqua Aerobics 4 Seniors S | 8:00 AM | Friday | Walter Smith |
| Turkey Thicket Aquatic Center | Aqua Aerobics 4 Seniors S | 9:00 AM | Monday, Wednesday, Friday | Walter Smith |

Turkey Thicket Community Center

- 1100 Michigan Ave., NE,

| | | | | |
|---------------------------------|-----------------------|----------|----------------|---------------|
| Turkey Thicket Community Center | Strength & Resistance | 10:30 AM | Monday, Friday | Walter Smith |
| Turkey Thicket Community Center | Yoga | 10:30 AM | Wednesday | Kailasa Aqeel |

Ward 6

Green Leaf Senior Center

- 1200 Delaware Ave SW,

| | | | | |
|--------------------------|--------------------|---------|-------------------|---------------|
| Green Leaf Senior Center | Sit Down, Get Down | 2:00 PM | Wednesday, Friday | Rodney Jordan |
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Hayes Senior Wellness Center

- 500 K St. NE,

| | | | | |
|------------------------------|----------------------------------|----------|---------------------------|------------------|
| Hayes Senior Wellness Center | Yoga | 2:00 PM | Monday, Wednesday, Friday | Jessica Woodburn |
| Hayes Senior Wellness Center | Hand Dancing | 4:00 PM | Thursday | Russell Bacon |
| Hayes Senior Wellness Center | Sit Down, Get Down | 11:00 AM | Monday, Wednesday, Friday | Neatha Sanders |
| Hayes Senior Wellness Center | Artistic Expression, Arts Crafts | 10:00 AM | Tuesday | Rachel Simms |
| Hayes Senior Wellness Center | Hand Dancing | 3:00 PM | Tuesday | Russell Bacon |
| Hayes Senior Wellness Center | Tai Chi | 2:00 PM | Tuesday, Thursday | Jerry Simpson |

Kennedy Recreation Center

- 1401 7th. St. NW,

| | | | | |
|---------------------------|--------------------|----------|----------|--------------|
| Kennedy Recreation Center | Sit Down, Get Down | 11:00 AM | Thursday | Walter Smith |
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Unique Residential Care

- 901 1St. St. NW,

| | | | | |
|-------------------------|--------------------|---------|-------------------|--------------|
| Unique Residential Care | Sit Down, Get Down | 1:30 PM | Tuesday, Thursday | Walter Smith |
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William H. Rumsey Aquatic Center

- 635 North. Carolina Ave., SE,

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|----------------------------------|---------------------------|---------|---------------------------|-------------------------|
| William H. Rumsey Aquatic Center | Aqua Aerobics 4 Seniors S | 9:00 AM | Monday, Wednesday, Friday | Jeanmarie Brown-Johnson |
| William H. Rumsey Aquatic Center | Aqua Aerobics 4 Seniors S | 8:00 AM | Monday, Wednesday, Friday | Jeanmarie Brown-Johnson |

Ward 7

Deanwood Aquatic Center

- 1350 49th. St. NE,

| | | | | |
|-------------------------|---------------------------|---------|---------------------------|------------|
| Deanwood Aquatic Center | Aqua Aerobics 4 Seniors D | 8:30 AM | Tuesday, Thursday | Kim Scales |
| Deanwood Aquatic Center | Aqua Aerobics 4 Seniors S | 8:30 AM | Monday, Wednesday, Friday | Kim Scales |

H.D. Woodson Aquatic Center

- 540 55th. St. NE,

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|-----------------------------|-------------------------|---------|---------------------------|------------|
| H.D. Woodson Aquatic Center | Aqua Aerobics 4 Seniors | 7:00 AM | Monday, Wednesday, Friday | Kim Scales |
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Ridge Road Community Center

- 830 Ridge Road, SE,

| | | | | |
|-----------------------------|-----------------------|----------|---------------------------|--------------|
| Ridge Road Community Center | Cardio-Lite | 11:30 AM | Monday, Wednesday, Friday | Erica Wilson |
| Ridge Road Community Center | Strength & Resistance | 10:30 AM | Monday, Wednesday, Friday | Erica Wilson |

Therapeutic Recreation Center

- 3030 G St. SE,

| | | | | |
|-------------------------------|--------------------|---------|-----------|-----------------|
| Therapeutic Recreation Center | Sit Down, Get Down | 2:30 PM | Wednesday | Patricia Sanker |
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Washington Senior Wellness Center - 3001 Alabama Ave. SE,

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|-----------------------------------|----------------------------------|----------|-------------------|-----------------|
| Washington Senior Wellness Center | Artistic Expression, Arts Crafts | 1:00 PM | Thursday | Chelsea Rose |
| Washington Senior Wellness Center | Strength & Resistance | 1:00 PM | Monday, Wednesday | Patricia Sanker |
| Washington Senior Wellness Center | Stretching Your Limits | 10:45 AM | Tuesday, Thursday | Patricia Sanker |

Ward 8

Barry Farms Aquatic Center - 1230 Sumner Road SE,

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|----------------------------|-------------------------|----------|-------------------|-------------------------|
| Barry Farms Aquatic Center | Aqua Aerobics 4 Seniors | 11:30 AM | Wednesday, Friday | Jeanmarie Brown-Johnson |
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Congress Heights Senior Wellness Center - 3500 Martin Luther King, Jr. Ave. SE,

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|---|----------------------------------|---------|-----------|--------------|
| Congress Heights Senior Wellness Center | Artistic Expression, Arts Crafts | 1:00 PM | Wednesday | Chelsea Rose |
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Ferebee Hope Aquatic Center - 3999 8th. St. SE,

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|-----------------------------|-------------------------|---------|-------------------|-----------------|
| Ferebee Hope Aquatic Center | Aqua Aerobics 4 Seniors | 2:00 PM | Tuesday, Thursday | Patricia Sanker |
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Ft. Stanton Recreation Center - 1812 Erie St. SE,

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|-------------------------------|-----------------------|---------|-------------------|--------------|
| Ft. Stanton Recreation Center | Strength & Resistance | 9:00 AM | Monday, Wednesday | Erica Wilson |
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Giant Food Store - 1535 Alabama Ave. SE,

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|------------------|-----------------------|----------|----------|-----------------|
| Giant Food Store | Line Dance | 11:30 AM | Thursday | Patricia Sanker |
| Giant Food Store | Strength & Resistance | 11:30 AM | Tuesday | Eddie Van |

Marquerite E. Parker Senior Center - 4616 Martin Luther King Jr Ave SE,

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|------------------------------------|--------------------|----------|-------------------|---------------|
| Marquerite E. Parker Senior Center | Sit Down, Get Down | 10:00 AM | Wednesday, Friday | Rodney Jordan |
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Martha's Table@the Commons - 2375 Elvans Rd SE,

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|----------------------------|-----------------------|----------|-------------------|-----------|
| Martha's Table@the Commons | Strength & Resistance | 10:00 AM | Tuesday, Thursday | Eddie Van |
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YMCA Capital View - 2118 RidgecreSt. Ct SE,

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|-------------------|----------------------------------|----------|-------------------|--------------|
| YMCA Capital View | Strength & Resistance | 10:00 AM | Tuesday, Thursday | Eddie Van |
| YMCA Capital View | Artistic Expression, Arts Crafts | 11:30 AM | Thursday | Chelsea Rose |

Want more info on this exclusive program for D.C Senior residents

Email Us William.Yates@ymcadc.org, FitandWellSeniors@ymcadc.org

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