



# FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



## Washington DC's Premier Senior Fitness Program City Wide Class Schedule

Printed: Wednesday, February 12, 2020

### Ward 1

**Bernice Fonteneau Senior Wellness Center**  
3531 Georgia Ave. NW,  
Mon - Fri: 8:30 AM - 4:30 PM



**Michelle Singleton**  
acarr@maryscenter.org  
(202)727-0338

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

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



**Molly Graham**  
(310)415-0266

Sticking Around	2:30 PM	Wednesday	Angela Rice
Tai Chi	2:30 PM	Wednesday	Jerry Simpson

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

**Mary Anne Gibbons**  
**magibbons50@gmail.com**  
**202-509-5428**

Music, Meditation, and Me	4:30 PM	Wednesday, Friday	Marcus Leonard
Strength & Resistance	2:30 PM	Wednesday, Friday	Tristan Simpson

**YMCA Anthony Bowen**  
**1325 W St. NW,**  
**Mon - Fri: 5:30 AM - 11:00 PM**



**William Yates**  
**abowen@ymcadc.org**  
**202 369-9949**

Aqua Aerobics 4 Seniors	12:00 PM	Tuesday, Thursday	Kim Scales
Aqua Aerobics 4 Seniors S	8:00 AM	Tuesday, Thursday	Maria Manga
Core & More 4 Seniors	10:00 AM	Tuesday, Thursday	Yat Ping Wong
Healthy Cooking 4 Seniors	12:00 PM	Wednesday	Tessa Mork
Indoor Cycle 4 Seniors	11:00 AM	Friday	Walter Williams
Operation Silver Soldier	10:00 AM	Monday, Wednesday, Friday	Eddie Van
Strength & Resistance	11:00 AM	Tuesday, Thursday	William Yates
Tai Chi	9:00 AM	Monday, Friday	Jerry Simpson
Yoga	11:00 AM	Monday	Jessica Woodburn
Yoga "Vinyasa"	10:50 AM	Wednesday	Vince Lampone
Yoga "Yin"	10:50 AM	Friday	Tyrerlyn Monica

**Ward 2**

**Asian and Pacific Islander Senior Center**  
755 8th St NW,



**Mr. Tso**  
tdowns@terrificinc.org  
202-842-4376

Cardio-Lite	11:00 AM	Monday, Wednesday	Cameron Winn
Music, Meditation, and Me	11:30 AM	Monday, Wednesday	Cameron Winn

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

**Dexter Reed**  
202-234-9600

Music, Meditation, and Me	12:00 PM	Tuesday	Marcus Leonard
Music, Meditation, and Me	1:30 PM	Thursday	Marcus Leonard
Sit Down, Get Down	11:00 AM	Tuesday	Marcus Leonard
Stretching Your Limits	1:00 PM	Thursday	Marcus Leonard

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



**Susan Walker**  
Stmaryscourtlease@spm.net  
(202) 223-5712

Sit Down, Get Down	11:30 AM	Tuesday, Friday	Walter Smith
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**Ward 3**

**Chevy Chase Community Center**  
5601 Connecticut Ave. NW,  
Mon - Fri: 9:00 AM - 10:00 PM



**Brittany Miller**  
Brittany.Miller@dc.gov  
(202) 282-2204

Sit Down, Get Down	12:30 PM	Monday	Corey Burks
Strength & Resistance	10:00 AM	Tuesday, Thursday	Corey Burks
Strength & Resistance	9:15 AM	Saturday	Walter Smith
Strength & Resistance II	11:00 AM	Tuesday, Thursday	Corey Burks
Stretching Your Limits	12:00 PM	Tuesday, Thursday	Corey Burks

Tai Chi 1	10:30 AM	Monday	Norman Greene
Tai Chi 2	11:30 AM	Monday	Norman Greene
Tai Chi Beninners	12:30 PM	Monday	Norman Greene

## Palisades Recreation Center

5200 Sherier Pl, NW,  
Mon - Fri: 9:00 AM - 8:00 PM



Chris Tierney  
bethea33@comcast.net  
202-256-7922

Strength & Resistance	2:00 PM	Thursday	Tristan Simpson
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## Wilson Aquatic Center

4551 Fort Drive, NW,  
Mon - Fri: 6:00 AM - 9:00 AM



(202) 730-0583

Aqua Aerobics 4 Seniors	9:30 AM	Tuesday, Thursday	Walter Smith
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## Ward 4

## Armed Forces Retirement Home

140 Rock Creek Church Road NW,  
Mon - Fri: 9:00 AM - 6:00 PM



Jerry Carter  
(800) 422 9988

Sit Down, Get Down	1:30 PM	Wednesday	Walter Smith
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Sit Down, Get Down	1:00 PM	Monday	Walter Smith
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## Edgewood Recreation Center

Basic Training 4 Your Body	10:00 AM	Thursday	YMCA TBD
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## Ft. Stevens Senior Center

1327 Van Buren St. NW,  
Mon - Fri: 9:00 AM - 9:00 PM



Lakoya Coats  
Lakoya.Coats@dc.gov  
202-541-3754

Cardio-Lite	12:30 PM	Friday	Tristan Simpson
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Strength & Resistance	10:30 AM	Monday, Wednesday	Corey Burks
Tai Chi	11:30 AM	Thursday	Jerry Simpson
Zumba Gold	10:15 AM	Thursday	Kathy Wimbush

**Genevieve N. Johnson Senior Day Care**  
**4817 Blagden Ave. NW,**  
**Mon - Fri: 10:00 AM - 2:00 PM**



**Thelma Burless**  
**ssaunders@ziondc.org**  
**202-723-8537**

Anything Goes	1:00 PM	Tuesdays, 1st & 3rd	Angela Rice
Sit Down, Get Down	10:15 AM	Wednesday, Friday	Linda Grymes

**Hattie Holmes Senior Wellness Center**  
**324 Kennedy St. NW,**  
**Mon - Fri: 8:00 AM - 4:30 PM**



**Teresa Moore**  
**tmoore@maryscenter.org**  
**202-291-3611**

Artistic Expression, Arts Crafts	10:30 AM	Friday	Chelsea Rose
Cardio-Lite	9:00 AM	Monday, Wednesday, Friday	Tristan Simpson
Circuit Training	11:00 AM	Monday	Kim Scales
Men's Fitness	11:00 AM	Wednesday	Eddie Van
Music, Meditation, and Me	9:30 AM	Monday, Wednesday, Friday	Marcus Leonard
Operation Silver Soldier	1:00 PM	Wednesday	Eddie Van
Sticking Around	10:00 AM	Friday	Angela Rice
Stretching Your Limits	10:00 AM	Monday	Tristan Simpson
Tai Chi	9:00 AM	Tuesday, Thursday	Jerry Simpson
Yoga	10:00 AM	Tuesday	Jessica Woodburn

**Takoma Aquatic Center**  
**300 Van Buren St. NW,**  
**Mon - Fri: 6:30 AM - 9:00 PM**



**Erik McClain**  
**erik.mcclain@dc.gov**  
**(202) 576-9284**

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

Learn 2 Swim 4 Seniors 10:00 AM Saturday Karen Richburg

### Turkey Thicket Aquatic Center

1100 Michigan Ave., NE,  
Mon - Fri: 6:30 AM - 8:00 PM



**Mercedes Maynard-Randall**  
Mercedes.Maynard-Randall@dc.gov  
(202) 425-4734

Aqua Aerobics 4 Seniors S 9:00 AM Monday, Wednesday, Friday Walter Smith

### Ward 5

### Greater Mt. Calvary Holy Church

610 Rhode Island Ave. NE,



**Alfred A. Owens, Jr**  
hharris15@verizon.net  
202-529-4547

Sit Down, Get Down 11:00 AM Tuesday, Thursday Linda Grymes

### Model Cities Senior Wellness Center

1901 Evarts St. NE,  
Mon - Fri: 8:00 AM - 5:00 PM



**Stacie Mack**

Artistic Expression, Arts Crafts 1:00 PM Friday Chelsea Rose

Hand Dancing 1:30 PM Thursday Russell Bacon

Strength & Resistance 3:30 PM Tuesday, Wednesday, Thursday Walter Smith

Zumba Gold 10:30 AM Friday Kathy Wimbush

### Turkey Thicket Aquatic Center

1100 Michigan Ave., NE,  
Mon - Fri: 6:30 AM - 8:00 PM



**Mercedes Maynard-Randall**  
Mercedes.Maynard-Randall@dc.gov  
(202) 425-4734

Aqua Aerobics 4 Seniors S 8:00 AM Monday, Wednesday Kathy Wimbush

Aqua Aerobics 4 Seniors S 8:00 AM Friday Walter Smith

## Turkey Thicket Community Center

1100 Michigan Ave., NE,  
Mon - Fri: 6:30 AM - 8:00 PM



Joyce Murphy  
joyce.murphy@dc.gov  
(202) 576-9235

Core & More 4 Seniors	10:30 AM	Wednesday	Yat Ping Wong
Strength & Resistance	10:30 AM	Monday, Friday	Walter Smith
Strength & Resistance	10:30 AM	Wednesday	Tristan Simpson
Tai Chi Beninners	10:30 AM	Wednesday	Norman Greene
Yoga	10:30 AM	Wednesday	YMCA TBD

## Ward 6

## Green Leaf Senior Center

1200 Delaware Ave SW,



Sit Down, Get Down	2:00 PM	Wednesday, Friday	Rodney Jordan
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## Hayes Senior Wellness Center

500 K St. NE,  
Mon - Fri: 8:00 AM - 5:00 PM



Andre Lane  
darnell.goldsmith@howard.edu  
202 749 9583

Artistic Expression, Arts Crafts	10:00 AM	Tuesday	Rachel Simms
Hand Dancing	4:00 PM	Thursday	Russell Bacon
Hand Dancing	3:00 PM	Tuesday	Russell Bacon
Sit Down, Get Down	11:00 AM	Monday, Wednesday, Friday	Neatha Sanders
Tai Chi	2:00 PM	Tuesday, Thursday	Jerry Simpson
Winners Circle	9:00 AM	Monday, Wednesday	Cameron Winn
Yoga	2:00 PM	Monday, Wednesday, Friday	Jessica Woodburn



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## Kennedy Recreation Center

1401 7th. St. NW,  
Mon - Fri: 10:00 AM - 9:00 PM



Nadine Sumner

(202) 671-4794

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Sit Down, Get Down

11:00 AM

Thursday

Walter Smith

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## Plaza West, Grandfamilies

1035 4th Street, NW.,



Jamarl D. Clark  
jclark@missionfirsthousing.org  
202 899 6987

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Anything Goes

1:00 PM

Tuesday

Angela Rice

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## Unique Residential Care

901 1St. St. NW,

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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,  
Mon - Fri: 6:30 AM - 9:00 AM



Pauline Moore  
pauline.moore@dc.gov  
(202) 724-4495

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Aqua Aerobics 4 Seniors S

8:00 AM

Monday, Wednesday, Friday

Jeanmarie Brown-Johnson

Aqua Aerobics 4 Seniors S

9:00 AM

Monday, Wednesday, Friday

Jeanmarie Brown-Johnson

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## Ward 7

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## Deanwood Aquatic Center

1350 49th. St. NE,  
Mon - Fri: 6:30 AM - 8:00 PM



(202) 671-3077

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Aqua Aerobics 4 Seniors D

8:30 AM

Tuesday, Thursday

Kim Scales

Aqua Aerobics 4 Seniors S

8:30 AM

Monday, Wednesday, Friday

Kim Scales



**H.D. Woodson Aquatic Center**  
540 55th. St. NE,  
Mon, Wed, Fri: 6:30 - 8AM & 5 - 9 PM



**Aisha Moten**  
(202) 673-2097

Aqua Aerobics 4 Seniors 7:00 AM Monday, Wednesday, Friday

Kim Scales

**Ridge Road Community Center**  
830 Ridge Road, SE,  
Mon - Fri: 10:00 AM - 9:00 PM



**Vondra Woodard**  
vondra.woodward@dc.gov  
(202) 671-6747

Cardio-Lite 11:30 AM Monday, Wednesday, Friday

Erica Wilson

Strength & Resistance 10:30 AM Monday, Wednesday, Friday

Erica Wilson

**Therapeutic Recreation Center**  
3030 G St. SE,  
Mon, Tues & Fri: 9:00 AM - 6:00 PM



**Tonya Cousins**  
(202) 645-5708

Sit Down, Get Down 2:30 PM Wednesday

Patricia Sanker

**Washington Senior Wellness Center**  
3001 Alabama Ave. SE,



**Lillian Chambliss**  
lchambliss@erfsc.org  
202-581-6015

Artistic Expression, Arts Crafts 1:00 PM Thursday

Chelsea Rose

Sit Down, Get Down 1:00 PM Monday, Wednesday

Patricia Sanker

Stretching Your Limits 10:45 AM TBD

YMCA TBD

**Ward 8**

**Barry Farms Aquatic Center**  
1230 Sumner Road SE,  
Mon - Fri: 9:00 AM - 5:00 PM



**Lisa Jones**  
lisat.jones@dc.gov  
202 442 5328

Aqua Aerobics 4 Seniors 11:30 AM Wednesday, Friday

Jeanmarie Brown-Johnson

**Congress Heights Senior Wellness Center**  
3500 Martin Luther King, Jr. Ave. SE,



**Reginia Jeter**  
rjeter@fsfsc.org  
(202) 563-7225

Artistic Expression, Arts Crafts

1:00 PM

Wednesday

Chelsea Rose

**Ferebee Hope Aquatic Center**  
3999 8th. St. SE,  
Mon - Fri: 1:00 PM - 8:00 PM



**Roland Knight**  
rolandknight97@gmail.com  
(202) 645-3916

Aqua Aerobics 4 Seniors

2:00 PM

Tuesday, Thursday

Patricia Sanker

**Ft. Stanton Recreation Center**  
1812 Erie St. SE,  
Mon - Fri: 3:30 PM - 9:00 PM



**Louis Jones**  
louis.jones@dc.gov  
(202) 671-1040

Strength & Resistance

9:00 AM

Monday, Wednesday

Erica Wilson

**Giant Food Store**  
1535 Alabama Ave. SE,  
Mon - Fri: 6:00 AM - 11:00 PM



**Jillian Griffith**

202 610-6494

Line Dance

11:30 AM

Thursday

Patricia Sanker

Strength & Resistance

11:30 AM

Tuesday

Eddie Van

**Marquerite E. Parker Senior Center**  
4616 Martin Luther King Jr Ave SE,  
Mon - Fri: 10:00 AM - 2:00 PM



**Mrs Caroline Pope**  
crln.bright@gmail.com  
202-455-9469

Sit Down, Get Down

10:00 AM

Wednesday, Friday

Rodney Jordan

**Martha's Table@the Commons**  
2375 Elvans Rd SE,



Strength & Resistance

10:00 AM

Tuesday, Thursday

Eddie Van

**YMCA Capital View**  
2118 RidgecreSt. Ct SE,  
Mon - Fri: 7-7:30 AM - 2:30-6:30 PM



**Loretta Howard**  
nanasop@verizon.net  
301-633-5030

Artistic Expression, Arts Crafts

11:30 AM

Thursday

Chelsea Rose

FREE Classess Offered 104

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

**Email Us** [William.Yates@ymcadc.org](mailto:William.Yates@ymcadc.org), [FitandWellSeniors@ymcadc.org](mailto:FitandWellSeniors@ymcadc.org)

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