



Fit Well Seniors Class Schedule

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

Saturday, September 28, 2019



Need help finding the right class?

William.Yates@ymcadc.org

Cell: 202-369-9949 Office: 202-232-6700 WWW.YMCADC.ORG



Ward 1

Bernice Fonteneau Senior Wellness Center 3531 Georgia Avenue NW,

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

Sarah's Circle

2551 17th Street, NW

Sarah's Circle	Tai Chi 1	2:30:00 PM	Wednesday	Jerry Simpson
----------------	-----------	------------	-----------	---------------

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

Shrine of the Sacred Heart Catholic Church	Music, Meditation, and Me	4:30:00 PM	Wednesday, Friday	Marcus Leonard
Shrine of the Sacred Heart Catholic Church	Basic Training 4 Your Body	2:30:00 PM	Wednesday, Friday	William Yates

YMCA Anthony Bowen

1325 W St NW,

YMCA Anthony Bowen	Yoga	10:50:00 AM	Friday	Kailasa Aqeel
YMCA Anthony Bowen	Strength & Resistance	10:00:00 AM	Monday, Wednesday, Friday	Eddie Van
YMCA Anthony Bowen	Indoor Cycle 4 Seniors	11:00:00 AM	Friday	Eskale Daka
YMCA Anthony Bowen	Strength & Resistance	11:00:00 AM	Tuesday, Thursday	Kim Scales
YMCA Anthony Bowen	Yoga	11:00:00 AM	Monday, Wednesday	Jessica Woodburn



Need help finding the right class?

William.Yates@ymcadc.org

Cell: 202-369-9949 Office: 202-232-6700 WWW.YMCADC.ORG



YMCA Anthony Bowen	Tai Chi 1	9:00:00 AM	Monday, Friday	Jerry Simpson
YMCA Anthony Bowen	Sit Down, Get Down	10:00:00 AM	Tuesday, Thursday	Kim Scales

YMCA Anthony Bowen Aquatics 1325 W St NW,

YMCA Anthony Bowen Aquatics	Aqua Aerobics 4 Seniors	12:00:00 PM	Tuesday, Thursday	Kim Scales
YMCA Anthony Bowen Aquatics	Aqua Aerobics 4 Seniors S	8:00:00 AM	Tuesday, Thursday	Karen Richburg

Ward 2

Asian and Pacific Islander Senior Center 417 G Place, NW

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

Georgetown Village, Christ Church 3116 O St NW,

Georgetown Village, Christ Church	Basic Training 4 Your Body	11:30:00 AM	Monday	William Yates
-----------------------------------	----------------------------	-------------	--------	---------------

Oasis Senior Homeless Shelter 1226 Vermont Avenue, NW,

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

St. Mary's Court 725 24th Street NW

St. Mary's Court	Sit Down, Get Down	11:30:00 AM	Tuesday, Friday	Walter Smith
------------------	--------------------	-------------	-----------------	--------------

Ward 3

Chevy Chase Community Center 5601 Connecticut Avenue, NW,

Chevy Chase Community Center	Strength & Resistance II	11:00:00 AM	Tuesday, Thursday	Corey Burks
Chevy Chase Community Center	Strength & Resistance	9:15:00 AM	Saturday	Walter Smith



Need help finding the right class?

William.Yates@ymcadc.org

Cell: 202-369-9949 Office: 202-232-6700 WWW.YMCADC.ORG



Chevy Chase Community Center	Tai Chi Beninners	12:30:00 PM	Monday	Norman Greene
Chevy Chase Community Center	Sit Down, Get Down	12:30:00 PM	Monday	Kim Scales
Chevy Chase Community Center	Tai Chi 2	11:30:00 AM	Monday	Norman Greene
Chevy Chase Community Center	Tai Chi 1	10:30:00 AM	Monday	Norman Greene
Chevy Chase Community Center	Strength & Resistance	10:00:00 AM	Tuesday, Thursday	Corey Burks
Chevy Chase Community Center	Stretching Your Limits	12:00:00 PM	Tuesday, Thursday	Corey Burks

Chevy Chase Presbyterian Church 1 Chevy Chase Cir NW,

Chevy Chase Presbyterian Church	Basic Training 4 Your Body		Monday	William Yates
---------------------------------	----------------------------	--	--------	---------------

Palisades Community Church 5200 Cathedral Ave NW, 20016

Palisades Community Church	Basic Training 4 Your Body	3:30:00 PM	Monday	William Yates
----------------------------	----------------------------	------------	--------	---------------

Palisades Recreation Center 5200 Sherier Pl, NW

Palisades Recreation Center	Basic Training 4 Your Body	2:00:00 PM	Thursday	William Yates
-----------------------------	----------------------------	------------	----------	---------------

Wilson Aquatic Center 4551 Fort Drive, NW,

Wilson Aquatic Center	Aqua Aerobics 4 Seniors	9:30:00 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	1:00:00 PM	Monday	Walter Smith
Armed Forces Retirement Home	Sit Down, Get Down	1:30:00 PM	Wednesday	Walter Smith

Ft. Stevens Senior Center 1327 Van Buren Street, NW,

Ft. Stevens Senior Center	Zumba Gold	10:15:00 AM	Thursday	Kathy Wimbush
Ft. Stevens Senior Center	Cardio-Lite	12:30:00 PM	Friday	Marcus Leonard
Ft. Stevens Senior Center	Tai Chi 1	9:00:00 AM	Thursday	Jerry Simpson
Ft. Stevens Senior Center	Strength & Resistance	10:30:00 AM	Monday, Wednesday	Corey Burks



Need help finding the right class?

William.Yates@ymcadc.org

Cell: 202-369-9949 Office: 202-232-6700 WWW.YMCADC.ORG



Hattie Holmes Senior Wellness Center 324 Kennedy Street NW,

Hattie Holmes Senior Wellness Center	Music, Meditation, and Me	9:30:00 AM	Monday, Wednesday, Friday	Marcus Leonard
Hattie Holmes Senior Wellness Center	Sticking Around	10:00:00 AM	Friday	Angela Rice
Hattie Holmes Senior Wellness Center	Artistic Expression, Arts Crafts	10:30:00 AM	Friday	Chelsea Rose
Hattie Holmes Senior Wellness Center	Circuit Training	11:00:00 AM	Wednesday	Kim Scales
Hattie Holmes Senior Wellness Center	Men's Fitness	11:00:00 AM	Wednesday	Kim Scales
Hattie Holmes Senior Wellness Center	Cardio-Lite	9:00:00 AM	Monday, Wednesday, Friday	Marcus Leonard
Hattie Holmes Senior Wellness Center	Yoga	10:00:00 AM	Tuesday	Jessica Woodburn
Hattie Holmes Senior Wellness Center	Tai Chi 1	9:00:00 AM	Tuesday, Thursday	Jerry Simpson

Takoma Aquatic Center 300 Van Buren Street, NW,

Takoma Aquatic Center	Aqua Aerobics 4 Seniors S	8:30:00 AM	Tuesday, Thursday	Erica Wilson
Takoma Aquatic Center	Learn 2 Swim 4 Seniors	10:00:00 AM	Saturday	Karen Richburg

Ward 5

Greater Mt. Calvary Holy Church 610 Rhode Island Ave. NE

Greater Mt. Calvary Holy Church	Sit Down, Get Down	11:00:00 AM	Tuesday, Thursday	Linda Grymes
---------------------------------	--------------------	-------------	-------------------	--------------

Model Cities Senior Wellness Center 1901 Evarts St NE,

Model Cities Senior Wellness Center	Hand Dancing	4:00:00 PM	Thursday	Russell Bacon
Model Cities Senior Wellness Center	Hand Dancing	1:30:00 PM	Friday	Russell Bacon
Model Cities Senior Wellness Center	Strength & Resistance	3:30:00 PM	Tuesday, Wednesday, Thursday	Walter Smith
Model Cities Senior Wellness Center	Zumba Gold	10:30:00 AM	Friday	Kathy Wimbush
Model Cities Senior Wellness Center	Artistic Expression, Arts Crafts	1:00:00 PM	Friday	Chelsea Rose

Turkey Thicket Aquatic Center 1100 Michigan Avenue, NE,

Turkey Thicket Aquatic Center	Aqua Aerobics 4 Seniors S	8:00:00 AM	Monday, Wednesday	Kathy Wimbush
-------------------------------	---------------------------	------------	-------------------	---------------



Need help finding the right class?

William.Yates@ymcadc.org

Cell: 202-369-9949 Office: 202-232-6700 WWW.YMCADC.ORG



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

Turkey Thicket Community Center 1100 Michigan Avenue, NE,

Turkey Thicket Community Center	Strength & Resistance	10:30:00 AM	Monday	Walter Smith
Turkey Thicket Community Center	Yoga	10:30:00 AM	Wednesday	Kailasa Aqeel

Ward 6

Green Leaf Senior Center 1200 Delaware Ave SW,

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

Hayes Senior Wellness Center 500 K St. NE,

Hayes Senior Wellness Center	Tai Chi 1	2:00:00 PM	Tuesday, Thursday	Jerry Simpson
Hayes Senior Wellness Center	Yoga	2:00:00 PM	Monday, Wednesday, Friday	Jessica Woodburn
Hayes Senior Wellness Center	"African Dance"	9:00:00 AM	Monday, Wednesday, Friday	Tyra Pointer
Hayes Senior Wellness Center	Strength & Resistance	10:00:00 AM	Tuesday, Thursday	William Yates
Hayes Senior Wellness Center	Hand Dancing	3:00:00 PM	Tuesday	Russell Bacon
Hayes Senior Wellness Center	Sit Down, Get Down	11:00:00 AM	Monday, Wednesday, Friday	Neatha Sanders
Hayes Senior Wellness Center	Artistic Expression, Arts Crafts	10:00:00 AM	Tuesday	Chelsea Rose
Hayes Senior Wellness Center	Sticking Around	1:00:00 PM	Tuesday	Patricia Sanker
Hayes Senior Wellness Center	Hand Dancing	4:00:00 PM	Thursday	Russell Bacon
Hayes Senior Wellness Center	Zumba Gold	1:00:00 PM	Thursday	Tyra Pointer

Kennedy Recreation Center 1401 7th Street, NW,

Kennedy Recreation Center	Sit Down, Get Down	11:00:00 AM	Thursday	Walter Smith
---------------------------	--------------------	-------------	----------	--------------

Unique Residential Care 901 1st St NW,

Unique Residential Care	Sit Down, Get Down	1:30:00 PM	Tuesday, Thursday	Walter Smith
-------------------------	--------------------	------------	-------------------	--------------



Need help finding the right class?

William.Yates@ymcadc.org

Cell: 202-369-9949 Office: 202-232-6700 WWW.YMCADC.ORG



William H. Rumsey Aquatic Center

635 North Carolina Avenue, SE,

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

Ward 7

Deanwood Aquatic Center

1350 49th Street, NE,

Deanwood Aquatic Center	Aqua Aerobics 4 Seniors D	8:30:00 AM	Tuesday, Thursday	Kim Scales
Deanwood Aquatic Center	Aqua Aerobics 4 Seniors S	8:30:00 AM	Monday, Wednesday, Friday	Kim Scales

H.D. Woodson Aquatic Center

540 55th Street, NE,

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

Ridge Road Community Center

830 Ridge Road, SE,

Ridge Road Community Center	Strength & Resistance	10:30:00 AM	Monday, Wednesday, Friday	Erica Wilson
Ridge Road Community Center	Cardio-Lite	11:30:00 AM	Monday, Wednesday, Friday	Erica Wilson

Therapeutic Recreation Center

3030 G Street, SE,

Therapeutic Recreation Center	Sit Down, Get Down	2:30:00 PM	Wednesday	Patricia Sanker
-------------------------------	--------------------	------------	-----------	-----------------

Washington Senior Wellness Center

3001 Alabama Avenue SE,

Washington Senior Wellness Center	Artistic Expression, Arts Crafts	1:00:00 PM	Thursday	Chelsea Rose
-----------------------------------	----------------------------------	------------	----------	--------------

Ward 8

Barry Farms Aquatic Center

1230 Sumner Road, SE

Barry Farms Aquatic Center	Aqua Aerobics 4 Seniors	11:30:00 AM	Wednesday, Friday	Jeanmarie Brown-Johnson
----------------------------	-------------------------	-------------	-------------------	-------------------------

Congress Heights Senior Wellness Center

3500 Martin Luther King, Jr. Ave.,

Congress Heights Senior Wellness Center	Artistic Expression, Arts Crafts	1:00:00 PM	Wednesday	Chelsea Rose
Congress Heights Senior Wellness Center	Line Dance	10:00:00 AM	Thursday	Patricia Sanker



Need help finding the right class?

William.Yates@ymcadc.org

Cell: 202-369-9949 Office: 202-232-6700 WWW.YMCADC.ORG



Ferebee Hope Aquatic Center

3999 8th Street, SE,

Ferebee Hope Aquatic Center	Aqua Aerobics 4 Seniors	2:00:00 PM	Tuesday, Thursday	Kim Scales
-----------------------------	-------------------------	------------	-------------------	------------

Ft. Stanton Recreation Center

1812 Erie Street, SE,

Ft. Stanton Recreation Center	Strength & Resistance	7:00:00 AM	Monday, Wednesday	Erica Wilson
-------------------------------	-----------------------	------------	-------------------	--------------

Giant Food Store

1535 Alabama Ave. SE

Giant Food Store	Body + Posi	12:00:00 PM	Tuesday	Omolabake Olorunfemi
------------------	-------------	-------------	---------	----------------------

Giant Food Store	Basic Training 4 Your Body	11:30:00 AM	Tuesday	Eddie Van
------------------	----------------------------	-------------	---------	-----------

Martha's Table@the Commons

2375 Elvans Rd SE

Martha's Table@the Commons	Basic Training 4 Your Body	10:00:00 AM	Tuesday, Thursday	Eddie Van
----------------------------	----------------------------	-------------	-------------------	-----------

Matthews Memorial Baptist Church

2616 Martin Luther King Jr Ave SE

Matthews Memorial Baptist Church	Sit Down, Get Down	10:00:00 AM	Wednesday, Friday	Rodney Jordan
----------------------------------	--------------------	-------------	-------------------	---------------

YMCA Capital View

2118 Ridgecrest Ct SE,

YMCA Capital View	Strength & Resistance	10:00:00 AM	Tuesday, Thursday	Eddie Van
-------------------	-----------------------	-------------	-------------------	-----------

FREE Classess Offered 96

Page 7 of 7

Want more info on this exclusive program for D.C Senior residents call us 202-369-9949, email us William.Yates@ymcadc.org, or search for us www.YMCADC.org