



# FIT AND WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 55 AND OLDER

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



Printed: Friday, December 6, 2019

## Fit Well Seniors Class Schedule

**Need help finding the right class?**

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

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### 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	Cardio-Lite	11:00 AM	Thursday	Marcus Leonard
Bernice Fonteneau Senior Wellness Center	Tai Chi 1	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
Bernice Fonteneau Senior Wellness Center	Line Dance	11:00 AM	Wednesday	Angela Rice

#### Sarah's Circle

- 2551 17th. St. NW,

Sarah's Circle	Tai Chi 1	2:30 PM	Wednesday	Jerry Simpson
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#### 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 PM	Wednesday, Friday	Marcus Leonard
Shrine of the Sacred Heart Catholic Church	Strength & Resistance	2:30 PM	Wednesday, Friday	Tristan Simpson

#### YMCA Anthony Bowen

- 1325 W St. NW,

YMCA Anthony Bowen	Operation Silver Soldier	10:00 AM	Monday, Wednesday, Friday	Eddie Van
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YMCA Anthony Bowen	Sit Down, Get Down	10:00 AM	Tuesday, Thursday	Kim Scales
YMCA Anthony Bowen	Yoga "Vinyasa"	10:50 AM	Wednesday	Tyrerlyn Monica
YMCA Anthony Bowen	Indoor Cycle 4 Seniors	11:00 AM	Friday	Eskale Daka
YMCA Anthony Bowen	Strength & Resistance	11:00 AM	Tuesday, Thursday	Kim Scales
YMCA Anthony Bowen	Yoga "Yin"	10:50 AM	Friday	Tyrerlyn Monica
YMCA Anthony Bowen	Yoga	11:00 AM	Monday	Jessica Woodburn
YMCA Anthony Bowen	Tai Chi 1	9:00 AM	Monday, Friday	Jerry Simpson

## YMCA Anthony Bowen Aquatics - 1325 W St. NW,

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

## YMCA Anthony Bowen Teaching Kitchen - 1325 W St. NW,

YMCA Anthony Bowen Teaching Kitchen	Healthy Cooking 4 Seniors	12:00 PM	Wednesday	Kristy McCarron
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## Ward 2



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

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

## Oaisis Senior Homeless Shelter - 1226 Vermont Ave.,

Oaisis Senior Homeless Shelter	Music, Meditation, and Me	11:30 AM	Thursday	Marcus Leonard
Oaisis Senior Homeless Shelter	Stretching Your Limits	11:00 AM	Thursday	Marcus Leonard
Oaisis Senior Homeless Shelter	Sit Down, Get Down	1:00 PM	Tuesday	Marcus Leonard
Oaisis Senior Homeless Shelter	Music, Meditation, and Me	1:30 PM	Tuesday	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
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## Ward 3



## Chevy Chase Community Center - 5601 Connecticut Ave. NW,

Chevy Chase Community Center	Stretching Your Limits	12:00 PM	Tuesday, Thursday	Corey Burks
Chevy Chase Community Center	Strength & Resistance	9:15 AM	Saturday	Walter Smith
Chevy Chase Community Center	Sit Down, Get Down	12:30 PM	Monday	Kim Scales
Chevy Chase Community Center	Tai Chi 2	11:30 AM	Monday	Norman Greene
Chevy Chase Community Center	Strength & Resistance II	11:00 AM	Tuesday, Thursday	Corey Burks
Chevy Chase Community Center	Tai Chi 1	10:30 AM	Monday	Norman Greene
Chevy Chase Community Center	Tai Chi Beninners	12:30 PM	Monday	Norman Greene
Chevy Chase Community Center	Strength & Resistance	10:00 AM	Tuesday, Thursday	Corey Burks

**Palisades Recreation Center** - 5200 Sherier Pl, NW,

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

Wilson Aquatic Center	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,

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

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

## Takoma Aquatic Center

- 300 Van Buren St. NW,

Takoma Aquatic Center	Aqua Aerobics 4 Seniors S	8:30 AM	Tuesday, Thursday	Adriene Buist
Takoma Aquatic Center	Learn 2 Swim 4 Seniors	10:00 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 AM	Tuesday, Thursday	Linda Grymes
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## Model Cities Senior Wellness Center

- 1901 Evarts St. NE,

Model Cities Senior Wellness Center	Artistic Expression, Arts Crafts	1:00 PM	Friday	Chelsea Rose
Model Cities Senior Wellness Center	Hand Dancing	1:30 PM	Friday	Russell Bacon
Model Cities Senior Wellness Center	Hand Dancing	4:00 PM	Thursday	Russell Bacon
Model Cities Senior Wellness Center	Zumba Gold	10:30 AM	Friday	Kathy Wimbush
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	Friday	Walter Smith
Turkey Thicket Aquatic Center	Aqua Aerobics 4 Seniors S	9:00 AM	Monday, Wednesday, Friday	Walter Smith
Turkey Thicket Aquatic Center	Aqua Aerobics 4 Seniors S	8:00 AM	Monday, Wednesday	Kathy Wimbush

## 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	"African Dance"	9:00 AM	Monday, Wednesday, Friday	Tyra Pointer
Hayes Senior Wellness Center	Hand Dancing	3:00 PM	Tuesday	Russell Bacon
Hayes Senior Wellness Center	Tai Chi 1	2:00 PM	Tuesday, Thursday	Jerry Simpson
Hayes Senior Wellness Center	Strength & Resistance	10:00 AM	Tuesday, Thursday	Neatha Sanders
Hayes Senior Wellness Center	Artistic Expression, Arts Crafts	10:00 AM	Tuesday	Rachel Simms
Hayes Senior Wellness Center	Sticking Around	1:00 PM	Tuesday	Patricia Sanker

### 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,

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

## Ward 7



### Deanwood Aquatic Center

- 1350 49th. St. NE,

Deanwood Aquatic Center	Aqua Aerobics 4 Seniors S	8:30 AM	Monday, Wednesday, Friday	Kim Scales
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Deanwood Aquatic Center	Aqua Aerobics 4 Seniors D	8:30 AM	Tuesday, Thursday	Kim Scales
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**H.D. Woodson Aquatic Center - 540 55th. St. NE,**

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

Washington Senior Wellness Center	Artistic Expression, Arts Crafts	1:00 PM	Thursday	Chelsea Rose
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Washington Senior Wellness Center	Strength & Resistance	1:00 PM	Monday, Wednesday	Patricia Sanker
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**Ward 8** 

**Barry Farms Aquatic Center - 1230 Sumner Road SE,**

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,**

Congress Heights Senior Wellness Center	Artistic Expression, Arts Crafts	1:00 PM	Wednesday	Chelsea Rose
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Congress Heights Senior Wellness Center	Line Dance	10:00 AM	Thursday	Patricia Sanker
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**Ferebee Hope Aquatic Center - 3999 8th. St. SE,**

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

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

Giant Food Store	Line Dance	11:30 AM	Thursday	Patricia Sanker
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Giant Food Store	Strength & Resistance	11:30 AM	Tuesday	Eddie Van
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**Marquerite E. Parker Senior Center -**

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,**

Martha's Table@the Commons	Strength & Resistance	10:00 AM	Tuesday, Thursday	Eddie Van
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**Matthews Memorial Baptist Church - 4616 Martin Luther King Jr Ave SE,**

Matthews Memorial Baptist Church	Sit Down, Get Down	10:00 AM	Wednesday, Friday	Rodney Jordan
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**YMCA Capital View - 2118 RidgecreSt. Ct SE,**

YMCA Capital View	Strength & Resistance	10:00 AM	Tuesday, Thursday	Eddie Van
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YMCA Capital View	Artistic Expression, Arts Crafts	11:30 AM	Thursday	Chelsea Rose
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FREE Classes Offered 102

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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