



# YMCA Fit & Well Seniors Program Water Class Offerings (April 2017)



Site	Address	Class Description	Start Time	End Time	Instructor	Mon	Tues	Wed	Thurs	Fri
Anthony Bowen YMCA	1325 W Street NW.	Aqua Aerobics	8:00:00 AM	9:00:00 AM	Karen Richburg		Tues		Thurs	
Anthony Bowen YMCA	1325 W Street NW.	Aqua Aerobics	12:00:00 PM	1:00:00 PM	Kim Scales-Deal		Tues		Thurs	
Barry Farms Aquatic Center	1230 Sumner Rd SE.	Shallow Aqua Aerobics	11:30:00 AM	12:30:00 PM	Jeanmarie Brown-Johnson			Wed		Fri
Deanwood Aquatic Center	1350 49th Street NE.	Aqua Aerobics	8:00:00 AM	9:00:00 AM	Kim Scales-Deal		Tues		Thurs	
Deanwood Aquatic Center	1350 49th Street NE.	Aqua Aerobics	8:30:00 AM	9:30:00 AM	Kim Scales-Deal	Mon		Wed		Fri
Ferbee Hope Aquatic Center	3999 8th Street SE.	Aqua Aerobics	3:00:00 PM	4:00:00 PM	Kim Scales-Deal		Tues		Thurs	
Takoma Aquatic Center	300 Van Buren Street NW.	Shallow Aqua Aerobics	8:30:00 AM	9:30:00 AM	Adriene Buist		Tues		Thurs	
Turkey Thicket Aquatic Center	1100 Michigan Ave NE.	Aqua Aerobics	8:00:00 AM	9:00:00 AM	Kathy Wimbush	Mon		Wed		
Turkey Thicket Aquatic Center	1100 Michigan Ave NE.	Aqua Aerobics	9:00:00 AM	10:00:00 AM	Walter Smith	Mon		Wed		Fri
William H. Rumsey Aquatic Center	635 North Carolina Ave SE.	Shallow Aqua Aerobics	8:00:00 AM	10:00:00 AM	Jeanmarie Brown-Johnson	Mon		Wed		Fri
Woodson Aquatic Center	540 55th Street NE.	Aqua Aerobics	7:00:00 AM	8:00:00 AM	Kim Scales-Deal	Mon		Wed		Fri
Wilson Aquatic Center	4551 Fort Dr NW.	Aqua Aerobics	9:00:00 AM	10:00:00 AM	Walter Smith		Tues		Thurs	



# YMCA Fit & Well Seniors Program/DCHA Class Offerings (April 2017)



Site	Address	Class Description	Time	Start Date	Instructor	# of Students	Mon	Tues	Wed	Thurs	Fri
Claridge Towers	1221 M Street NW.	Sit & Get Fit	3:00 pm - 4:00 pm	3/22/2017	Patricia Sanker	15			Wed		
Fort Lincoln	3400 Banneker Dr NE.	Sit & Get Fit	3:00 pm - 4:00 pm	3/21/2017	Patricia Sanker	13		Tues			
Garfield Senior	2319 11th Street NW.	N/A	N/A	N/A	N/A	N/A					
Harvard Towers	1845 Harvard Street NW.	N/A	N/A	N/A	N/A	N/A					
Kentucky Courts	340 13th Street SE.	Sit & Get Fit	1:00 pm - 2:00 pm	3/13/2017	Patricia Sanker	10	Mon				
Knox Hill	2700 Jasper Street SE.	Sit & Get Fit	2:00 pm - 3:00 pm	3/24/2017	Patricia Sanker	15					Fri
Potomac Senior	1225 G Street SE.	Sit & Get Fit	1:00 pm - 2:00 pm	3/22/2017	Patricia Sanker	12			Wed		
Regency House	5201 Connecticut Ave NW.	Yoga	10:00am-11:00 am	3/7/2017	Zarina Rana	7		Tues			



# YMCA Fit & Well Seniors Program Land Class Offerings (April 2017)



Site	Address	Class Description	Start Time	End Time	Instructor	Mon	Tues	Wed	Thurs	Fri
Anthony Bowen YMCA	1325 W Street NW.	Tai Chi	9:00:00 AM	10:00:00 AM	Jerry Simpson					Fri
Anthony Bowen YMCA	1325 W Street NW.	Strength & Resistance	10:00:00 AM	11:00:00 AM	William Yates	Mon		Wed		Fri
Anthony Bowen YMCA	1325 W Street NW.	Sit & Get Fit	10:00:00 AM	11:00:00 AM	Kim Scales-Deal		Tues		Thurs	
Anthony Bowen YMCA	1325 W Street NW.	Strength & Resistance	11:00:00 AM	12:00:00 PM	Kim Scales-Deal		Tues		Thurs	
Anthony Bowen YMCA	1325 W Street NW.	Men's Fitness	11:00:00 AM	12:00:00 PM	Kim Scales-Deal					Fri
Anthony Bowen YMCA	1325 W Street NW.	Spin 4 Seniors	11:00:00 AM	12:00:00 PM	Elizabeth Goetz					Fri
Anthony Bowen YMCA	1325 W Street NW.	Yoga	11:00:00 AM	12:00:00 PM	Jessica Woodburn Zarina Rana	Mon		Wed		Fri
Armed Forces Retirement Home	140 Rock Creek Church Rd NW.	Sit & Get Fit	1:00:00 PM	2:00:00 PM	Walter Smith	Mon		Wed		
Capital View YMCA	2118 Ridgecrest Ct SE.	Enhance Fitness	10:00:00 AM	11:00:00 AM	Patricia Sanker		Tues		Thurs	
Chevy Chase Community Center	5601 Connecticut Ave NW.	Line Dance	10:00:00 AM	11:00:00 AM	Angela Rice Darnell Goldsmith		Tues		Thurs	
Chevy Chase Community Center	5601 Connecticut Ave NW.	Enhance Fitness	11:00:00 AM	12:00:00 PM	Angela Rice Darnell Goldsmith		Tues		Thurs	
Chevy Chase Community Center	5601 Connecticut Ave NW.	Tai Chi	10:30:00 AM	11:30:00 AM	Normon Greene	Mon				
Emery Heights Community Center	5701 Georgia Ave NW.	Cardio Lite	10:30:00 AM	11:30:00 AM	Ritha Gaskin		Tues		Thurs	
Ft. Stevens Senior Center	1327 Van Buren St NW.	Zumba Gold	10:15 AM	11:45 AM	Kathy Wimbush				Thurs	
Ft. Stevens Senior Center	1327 Van Buren St NW.	Cardio Lite	10:30:00 AM	11:30:00 AM	Adriene Buist	Mon		Wed		
Green Leaf Senior	1200 Delaware Ave SW.	Sit & Get Fit	2:00:00 PM	3:00:00 PM	Rodney Jordan			Wed		Fri
Hattie Holmes Senior Wellness Center	324 Kennedy St NW.	Butts & Gutts	9:00:00 AM	10:00:00 AM	William Yates	Mon		Wed		Fri
Hattie Holmes Senior Wellness Center	324 Kennedy St NW.	Tai Chi	9:00:00 AM	10:00:00 AM	Jerry Simpson		Tues			
Hattie Holmes Senior Wellness Center	324 Kennedy St NW.	Sticking Around	10:00:00 AM	11:00:00 AM	Angela Rice					Fri
Hayes Senior Wellness Center	500 K St NE.	Line Dance	10:00:00 AM	11:00:00 AM	Angela Rice	Mon				



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Hayes Senior Wellness Center	500 K St NE.	Advance Level Strengthening	10:00:00 AM	11:00:00 AM	Kwame Wutoh		Tues		Thurs	
Hayes Senior Wellness Center	500 K St. NE	Cardio/fitness /Self defense	11:00:00 AM	12:00:00 PM	Kwame Wutoh		Tues		Thurs	
Hayes Senior Wellness Center	500 K St NE.	Sticking Around	1:00:00 PM	2:00:00 PM	Angela Rice		Tues			
Hayes Senior Wellness Center	500 K St NE.	Zumba Gold	1:00:00 PM	2:00:00 PM	Jessica Beckwith				Thurs	
Hayes Senior Wellness Center	500 K St NE.	Enhance Fitness	11:00:00 AM	12:00:00 PM	Angela Rice	Mon		Wed		Fri
Hayes Senior Wellness Center	500 K St NE.	Enhance Fitness	2:00:00 PM	3:00:00 PM	Angela Rice	Mon		Wed		Fri
Hayes Senior Wellness Center	500 K St NE.	Butts & Gutts	12:30:00 PM	1:00:00 PM	Neatha Sanders	Mon		Wed		Fri
Hayes Senior Wellness Center	500 K St NE.	Strength & Resistance	1:00:00 PM	2:00:00 PM	Neatha Sanders Darnell Goldsmith	Mon		Wed		Fri
Hayes Senior Wellness Center	500 K St NE.	Tai Chi	2:00:00 PM	3:00:00 PM	Jerry Simpson		Tues		Thurs	
Hayes Senior Wellness Center	500 K St NE.	Yoga	2:00:00 PM	3:00:00 PM	Jessica Woodburn	Mon		Wed		Fri
Hayes Senior Wellness Center	500 K St NE.	Line Dance	3:00:00 PM	4:00:00 PM	Angela Rice				Thurs	
Hayes Senior Wellness Center	500 K St NE.	Hand Dance	3:00:00 PM	4:00:00 PM	Russell Bacon		Tues			
Hayes Senior Wellness Center	500 K St NE.	Hand Dance	4:00:00 PM	5:00:00 PM	Russell Bacon				Thurs	
Kennedy Rec Center	1401 7th St NW.	Sit & Get Fit	11:00:00 AM	12:00:00 PM	Walter Smith				Thurs	
Matthews Memorial	2616 Martin Luther King Jr Ave SE.	Sit & Get Fit	10:30:00 AM	11:30:00 AM	Rodney Jordan			Wed		Fri
Model Cities Senior Wellness Center	1901 Evarts St NE.	Zumba Gold	10:30:00 AM	11:30:00 AM	Kathy Wimbush					Fri
St. Mary's Court	725 24th St. NW.	Sit & Get Fit	11:30:00 AM	12:30:00 PM	Walter Smith		Tues			
Therapeutic Center	3030 G St SE.	Sit & Get Fit	2:30:00 PM	3:30:00 PM	Patricia Sanker			Wed		
Turkey Thicket	1100 Michigan Ave NE.	Strength & Toning	10:30:00 AM	11:30:00 AM	TBA	Mon		Wed		



# YMCA Fit & Well Seniors Program Land Class Offerings (April 2017)



Unique Residential Center	901 1st St NW.	Sit & Get Fit	1:30:00 PM	2:30:00 PM	Walter Smith		Tues		Thurs	
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