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Sponsor	Class Location	Class Description	Instructor	Days	Time
YMCA	Armed Forces Retirement Home	Sit & Get Fit	Walter Smith	Mondays, Wednesdays	1:00:00 PM
DPR	Barry Farms Aquatic Center	Aqua Aerobics 4 Seniors	Jeanmarie Brown-Johnson	Wednesday, Friday	11:30:00 AM
DCOA	Bernice Fontaneau Senior Wellness Center	Line Dance	Angela Rice	Wednesdays	11:00:00 AM
DCOA	Bernice Fontaneau Senior Wellness Center	Stretching Your Limits	Monica Waters	Thursdays	11:00:00 AM
DCOA	Chevy Chase Community Center	Strength & Resistance	Monica Waters	Mondays	12:30:00 PM
DCOA	Chevy Chase Community Center	Tai Chi 1	Norman Greene	Mondays	10:30:00 AM
DCOA	Chevy Chase Community Center	Tai Chi 2	Norman Greene	Mondays	11:30:00 AM
DCOA	Chevy Chase Community Center	Enhanced Fitness	Patricia McQueen	Tuesday, Thursday	10:00:00 AM
DCOA	Chevy Chase Community Center	Strength & Resistance	Walter Smith	Saturday	9:15:00 AM
DCOA	Chevy Chase Community Center	Strength & Resistance	William Yates	Tuesday, Thursday	11:00:00 AM
DCOA	Chevy Chase Community Center	Yoga	Zarina Rana	Thursdays	11:00:00 AM
DCHA	Claridge Towers	Strength & Resistance	Kwame Wutoh	Wednesdays	3:00:00 PM
DCOA	Congress Heights Senior Wellness Center	Sticking Around/Line Dance	Angela Rice	Thursdays	10:00:00 AM
DCOA	Congress Heights Senior Wellness Center	Artistic Expression	Cassandra Hardison	Fridays	9:30:00 PM

DPR	Deanwood Aquatic Center	Aqua Aerobics 4 Seniors D	Kim Scales	Tuesday, Thursday	8:30:00 AM
DPR	Deanwood Aquatic Center	Aqua Aerobics 4 Seniors S	Kim Scales	Monday, Wednesday, Friday	8:30:00 AM
DPR	Ferebee Hope Aquatic Center	Aqua Aerobics 4 Seniors	Kim Scales	Tuesday, Friday	2:00:00 PM
DCHA	Ft. Lincoln	Sit & Get Fit	Patricia Sanker	Tuesdays	3:00:00 PM
DPR	Ft. Stevens Senior Recreation Center	Strength & Resistance	Adriene Buist	Monday, Wednesday	10:30:00 AM
DPR	Ft. Stevens Senior Recreation Center	Zumba Gold	Kathy Wimbush	Thursday	10:15:00 AM
DPR	Ft. Stevens Senior Recreation Center	Cardio-Lite	Monica Waters	Fridays	12:30:00 PM
DPR	Green Leaf Senior Center	Sit & Get Fit	Rodney Jordan	Wednesday, Friday	2:00:00 PM
DCOA	Hattie Holmes Senior Wellness Center	Sticking Around	Angela Rice	Fridays	10:00:00 AM
DCOA	Hattie Holmes Senior Wellness Center	Tai Chi 1	Jerry Simpson	Tuesdays	9:00:00 AM
DCOA	Hattie Holmes Senior Wellness Center	Men's Fitness	Kim Scales	Wednesday	11:00:00 AM
DCOA	Hattie Holmes Senior Wellness Center	Strength & Resistance	Monica Waters	Monday, Wednesday, Friday	9:00:00 AM
DCOA	Hayes Senior Wellness Center	Line Dance	Angela Rice	Mondays	10:00:00 AM
DCOA	Hayes Senior Wellness Center	Line Dance	Angela Rice	Thursdays	3:00:00 PM
DCOA	Hayes Senior Wellness Center	Sticking Around	Angela Rice	Tuesdays	1:00:00 PM
DCOA	Hayes Senior Wellness Center	Strength & Resistance	Darnell Goldsmith	Monday, Wednesday, Friday	1:00:00 PM
DCOA	Hayes Senior Wellness Center	Tai Chi 1	Jerry Simpson	Tuesday, Thursday	2:00:00 PM
DCOA	Hayes Senior Wellness Center	Yoga	Jessica Woodburn	Monday, Wednesday, Friday	2:00:00 PM
DCOA	Hayes Senior Wellness Center	Self Defense 4 Seniors	Kwame Wutoh	Tuesday, Thursday	11:00:00 AM

DCOA	Hayes Senior Wellness Center	Strength & Resistance	Kwame Wutoh	Tuesday, Thursday	10:00:00 AM
DCOA	Hayes Senior Wellness Center	Enhanced Fitness	Monica Waters	Tuesday, Thursday	9:00:00 AM
DCOA	Hayes Senior Wellness Center	Butts & Gutts	Neatha Sanders	Monday, Wednesday, Friday	12:30:00 PM
DCOA	Hayes Senior Wellness Center	Enhanced Fitness	Neatha Sanders	Monday, Wednesday, Friday	11:00:00 AM
DCOA	Hayes Senior Wellness Center	Zumba Gold	Patricia McQueen	Thursdays	1:00:00 AM
DCOA	Hayes Senior Wellness Center	Hand Dancing	Russell Bacon	Tuesday, Thursday	3:00:00 PM
DPR	Kennedy Recreation Center	Sit & Get Fit	Walter Smith	Tuesday, Thursday	11:00:00 AM
DCHA	Kentucky Courts	Sit & Get Fit	Patricia Sanker	Mondays	1:00:00 PM
DCHA	Knox Hill	Sit & Get Fit	Patricia Sanker	Fridays	2:00:00 PM
YMCA	Matthews Memorial Baptist Church	Sit & Get Fit	Rodney Jordan	Wednesday, Friday	10:00:00 AM
DCOA	Model Cities Senior Wellness Center	Artistic Expression	Cassandra Hardison	Fridays	1:00:00 PM
DCOA	Model Cities Senior Wellness Center	Zumba Gold	Kathy Wimbush	Fridays	10:30:00 AM
DCOA	Model Cities Senior Wellness Center	Strength & Resistance	Walter Smith	Tuesday, Wednesday, Thursday	3:30:00 PM
DCHA	Potomac Garden	Sit & Get Fit	Patricia McQueen	Wednesdays	1:00:00 PM
DCHA	Regency House	Yoga	Zarina Rana	Tuesday	10:00:00 AM
DCOA	Ridge Road Community Center	Stretching Your Limits	Patricia McQueen	Wednesday, Friday	10:00:00 AM
DCOA	Ridge Road Community Center	Zumba Gold	Patricia McQueen	Wednesday, Friday	11:00:00 AM
YMCA	St. Mary's Court Nursing Home	Sit & Get Fit	Walter Smith	Tuesdays	11:30:00 AM
DCOA	Takoma Aquatic Center	Aqua Aerobics 4 Seniors	Adriene Buist	Tuesday, Thursday	8:30:00 AM

DCOA	Takoma Community Center	Strength & Resistance	Monica Waters	Fridays	10:30:00 AM
DCOA	Takoma Community Center	Stretching Your Limits	Monica Waters	Fridays	11:30:00 AM
DPR	Therapeutic Recreation Center	Sit & Get Fit	Patricia Sanker	Wednesdays	1:30:00 PM
DCOA	Trinidad Community Center	Sticking Around/Line Dance	Angela Rice	Wednesday, Friday	1:00:00 PM
DPR	Turkey Thicket Aquatic Center	Aqua Aerobics 4 Seniors	Kathy Wimbush	Monday, Wednesday	8:00:00 AM
DPR	Turkey Thicket Aquatic Center	Aqua Aerobics 4 Seniors	Walter Smith	Monday, Wednesday	9:00:00 AM
DPR	Turkey Thicket Community Center	Strength & Resistance	Monica Waters	Mondays	10:30:00 AM
DPR	Turkey Thicket Community Center	Yoga	Zarina Rana	Wednesdays	10:30:00 AM
YMCA	Unique Residential Care Nursing	Sit & Get Fit	Walter Smith	Tuesday, Thursday	1:30:00 PM
DCOA	Upshur Recreation Center	Sticking Around/Line Dance	Angela Rice	Tuesdays	11:00:00 AM
DCOA	Washington Senior Wellness Center	Self Defense 4 Seniors	Kwame Wutoh	Wednesdays	11:30:00 AM
DPR	William H. Rumsey Aquatic Center	Aqua Aerobics 4 Seniors S	Jeanmarie Brown-Johnson	Monday, Wednesday, Friday	8:00:00 AM
DPR	William H. Rumsey Aquatic Center	Aqua Aerobics 4 Seniors S	Jeanmarie Brown-Johnson	Monday, Wednesday, Friday	9:00:00 AM
DPR	Wilson Aquatic Center	Aqua Aerobics 4 Seniors	Walter Smith	Tuesday, Thursday	9:30:00 AM
DPR	Woodson Aquatic Center	Aqua Aerobics 4 Seniors	Kim Scales	Monday, Wednesday, Friday	7:00:00 AM
YMCA	YMCA Anthony Bowen	Strength & Resistance	Eddie Van	Monday, Wednesday, Friday	10:00:00 AM
YMCA	YMCA Anthony Bowen	Tai Chi 1	Jerry Simpson	Fridays	9:00:00 AM
YMCA	YMCA Anthony Bowen	Yoga	Jessica Woodburn	Monday, Wednesday	11:00:00 AM
YMCA	YMCA Anthony Bowen	Aqua Aerobics 4 Seniors	Karen Richburg	Tuesday, Thursday	8:00:00 AM

YMCA	YMCA Anthony Bowen	Aqua Aerobics 4 Seniors	Kim Scales	Tuesday, Thursday	12:00:00 AM
YMCA	YMCA Anthony Bowen	Sit & Get Fit	Kim Scales	Tuesday, Thursday	10:00:00 AM
YMCA	YMCA Anthony Bowen	Strength & Resistance	Kim Scales	Tuesday, Thursday	11:00:00 AM
YMCA	YMCA Anthony Bowen	Yoga	Zarina Rana	Fridays	11:00:00 AM
YMCA	YMCA Capital View	Sit & Get Fit	Eddie Van	Tuesday, Thursday	10:00:00 AM