



Senior Fitness

April 21, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

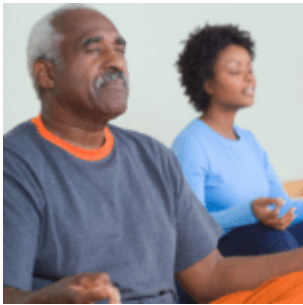


Go-Go Fitness

April 22, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

April 28, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

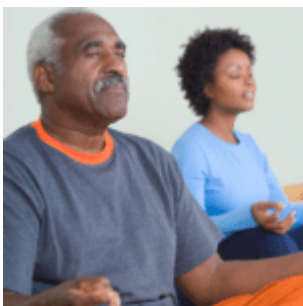


Go-Go Fitness

April 29, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

May 05, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

May 06, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

May 12, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

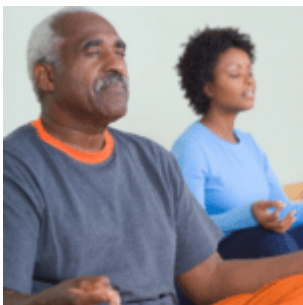


Go-Go Fitness

May 13, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

May 19, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

May 20, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

May 26, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

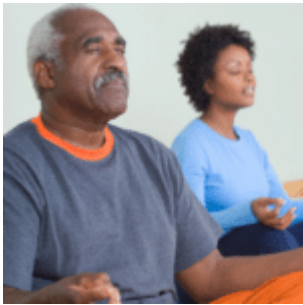


Go-Go Fitness

May 27, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

June 02, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

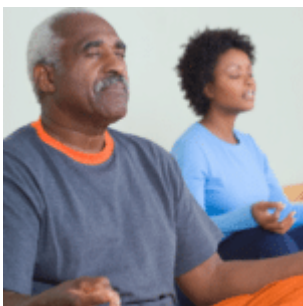


Go-Go Fitness

June 03, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

June 09, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

June 10, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

June 16, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

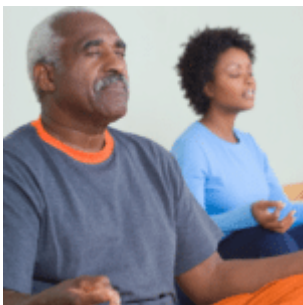


Go-Go Fitness

June 17, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

June 23, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

June 24, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

June 30, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

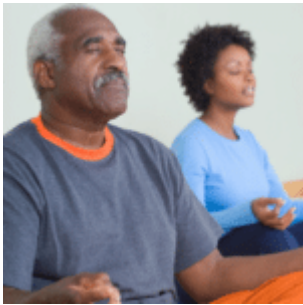


Go-Go Fitness

July 01, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Senior Fitness

July 07, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

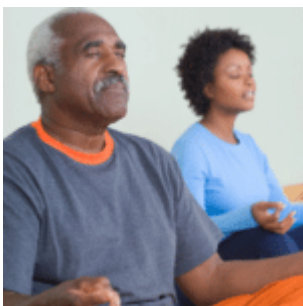


Go-Go Fitness

July 08, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

July 14, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

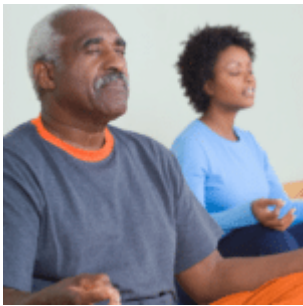


Go-Go Fitness

July 15, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Senior Fitness

July 21, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

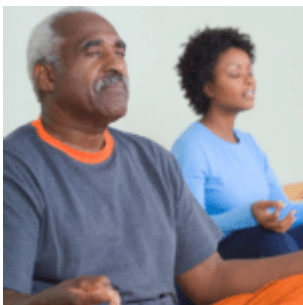


Go-Go Fitness

July 22, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Senior Fitness

July 28, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

July 29, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Senior Fitness

August 04, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

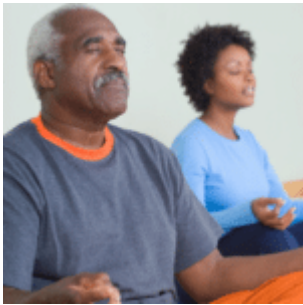


Go-Go Fitness

August 05, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Senior Fitness

August 11, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

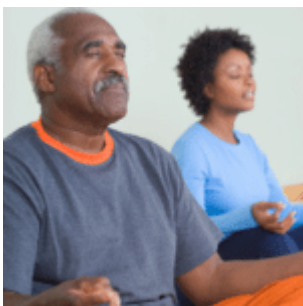


Go-Go Fitness

August 12, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Senior Fitness

August 18, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

August 19, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine



Senior Fitness

August 25, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

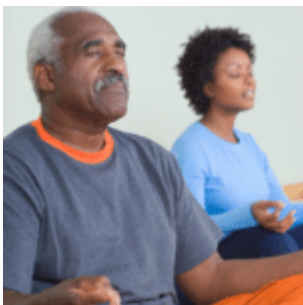


Go-Go Fitness

August 26, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Senior Fitness

September 01, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

September 02, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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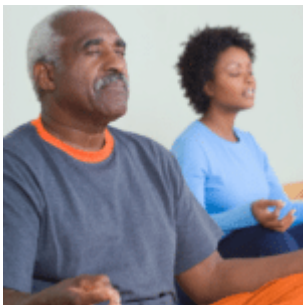


Go-Go Fitness

September 09, 2026 at 7:00 pm

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Senior Fitness

September 15, 2026 at 10:00 am

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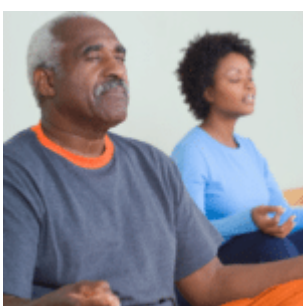


Go-Go Fitness

September 16, 2026 at 7:00 pm

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September 22, 2026 at 10:00 am

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September 29, 2026 at 10:00 am

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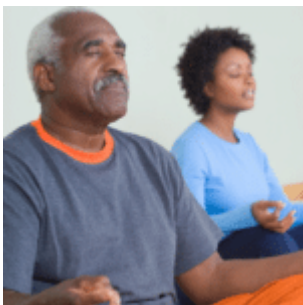


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September 30, 2026 at 7:00 pm

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Senior Fitness

October 06, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.



Go-Go Fitness

October 07, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

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