

## Senior Fitness

February 10, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

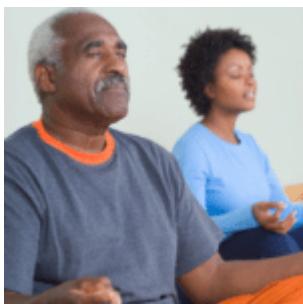


## Go-Go Fitness

February 11, 2026 at 7:00 pm

*2375 Evans 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

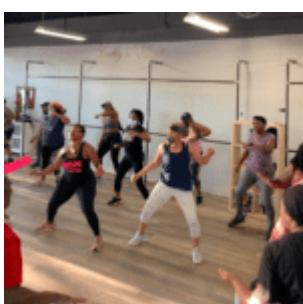


## Senior Fitness

February 17, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

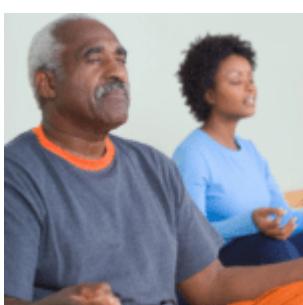


## Go-Go Fitness

February 18, 2026 at 7:00 pm

*2375 Evans 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

February 24, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

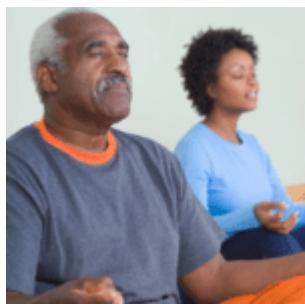


## Go-Go Fitness

February 25, 2026 at 7:00 pm

*2375 Evans 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

March 03, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

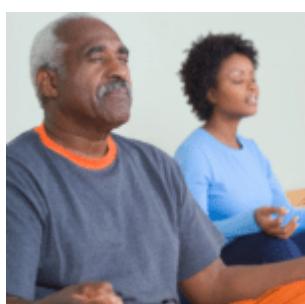


## Go-Go Fitness

March 04, 2026 at 7:00 pm

*2375 Evans 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

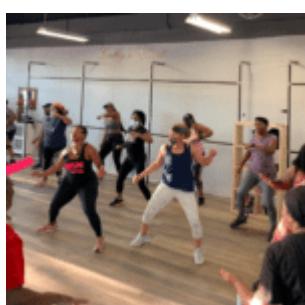


## Senior Fitness

March 10, 2026 at 10:00 am

*2375 Evans 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

March 11, 2026 at 7:00 pm

*2375 Evans 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

March 17, 2026 at 10:00 am

*2375 Evans 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

March 18, 2026 at 7:00 pm

*2375 Evans 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

March 24, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

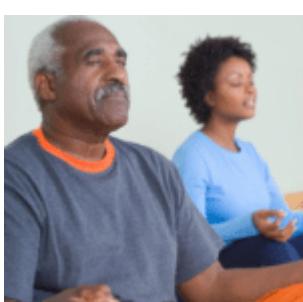


## Go-Go Fitness

March 25, 2026 at 7:00 pm

*2375 Evans 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

March 31, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

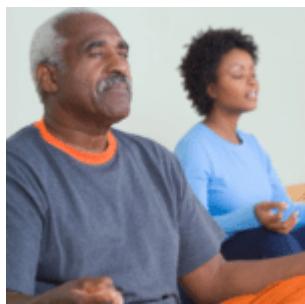


## Go-Go Fitness

April 01, 2026 at 7:00 pm

*2375 Evans 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 07, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

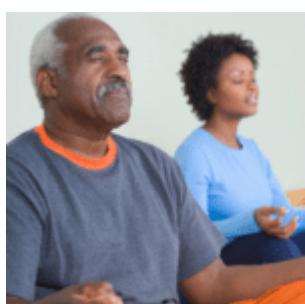


## Go-Go Fitness

April 08, 2026 at 7:00 pm

*2375 Evans 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

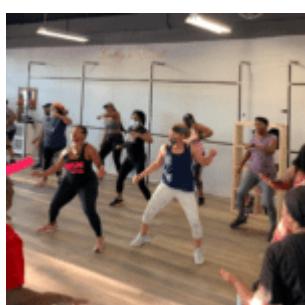


## Senior Fitness

April 14, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

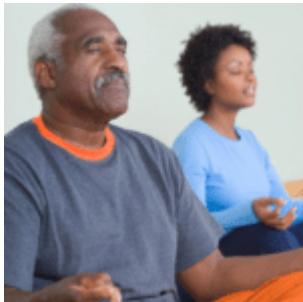


## Go-Go Fitness

April 15, 2026 at 7:00 pm

*2375 Evans 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 21, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

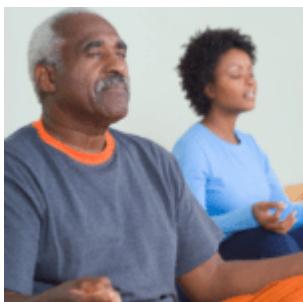


## Go-Go Fitness

April 22, 2026 at 7:00 pm

*2375 Evans 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

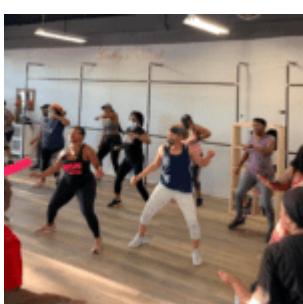


## Senior Fitness

April 28, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

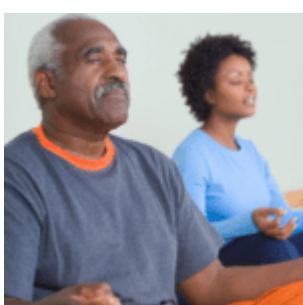


## Go-Go Fitness

April 29, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

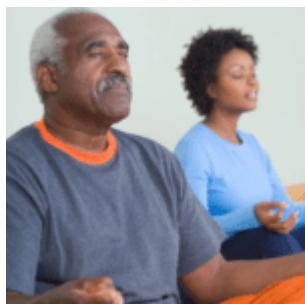


## Go-Go Fitness

May 06, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

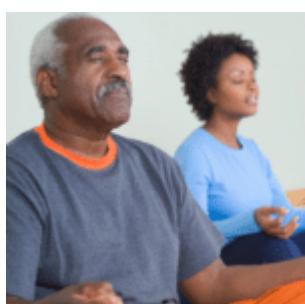


## Go-Go Fitness

May 13, 2026 at 7:00 pm

*2375 Evans 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

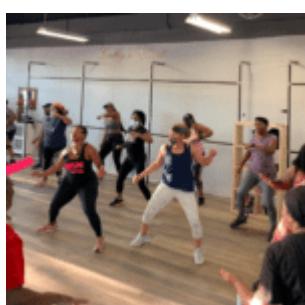


## Senior Fitness

May 19, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

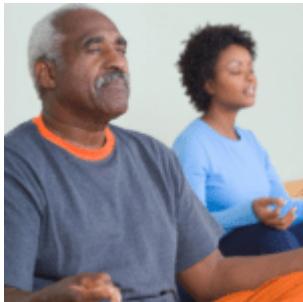


## Go-Go Fitness

May 20, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

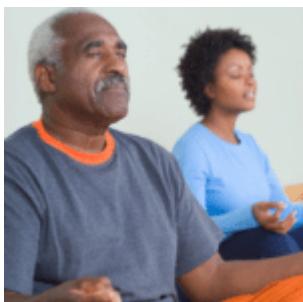


## Go-Go Fitness

May 27, 2026 at 7:00 pm

*2375 Evans 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

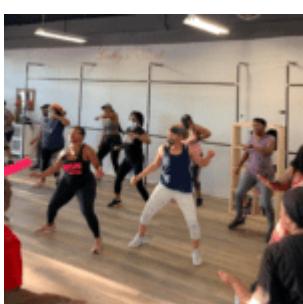


## Senior Fitness

June 02, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

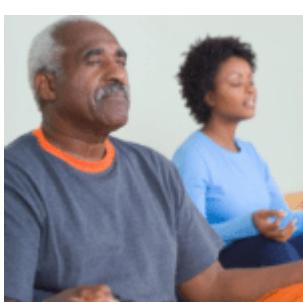


## Go-Go Fitness

June 03, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

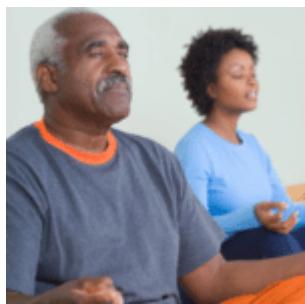


## Go-Go Fitness

June 10, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

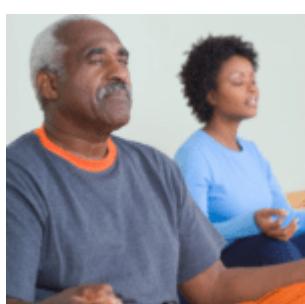


## Go-Go Fitness

June 17, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

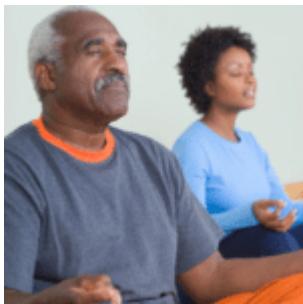


## Go-Go Fitness

June 24, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

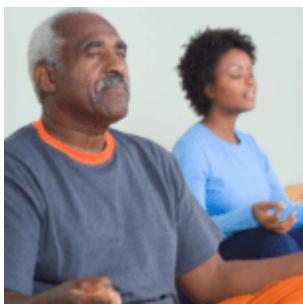


## Go-Go Fitness

July 01, 2026 at 7:00 pm

*2375 Evans 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

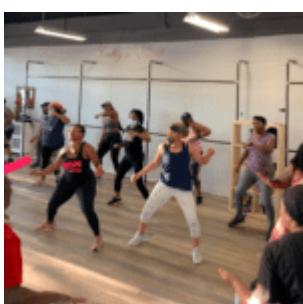


## Senior Fitness

July 07, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

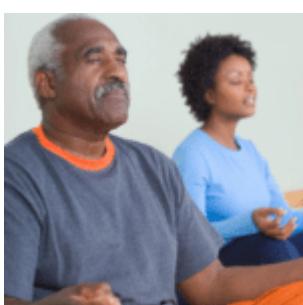


## Go-Go Fitness

July 08, 2026 at 7:00 pm

*2375 Evans 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 Evans Road SE, Washington DC, 20020*

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

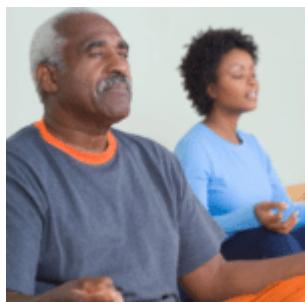


## Go-Go Fitness

July 15, 2026 at 7:00 pm

*2375 Evans 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 21, 2026 at 10:00 am

*2375 Evans Road SE, Washington DC, 20020*

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

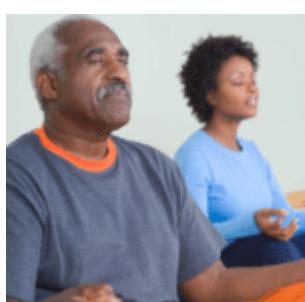


## Go-Go Fitness

July 22, 2026 at 7:00 pm

*2375 Evans 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 28, 2026 at 10:00 am

*2375 Evans 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 Evans 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