



## Senior Fitness

January 07, 2025 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.

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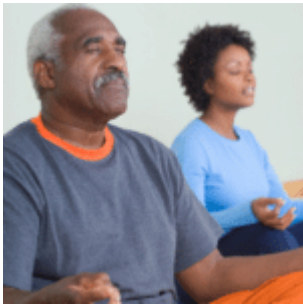
## Senior Fitness

January 14, 2025 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.

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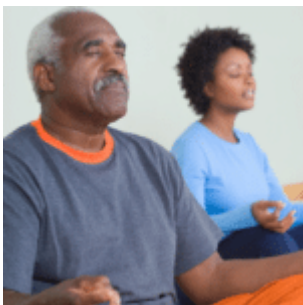
## Senior Fitness

January 21, 2025 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.

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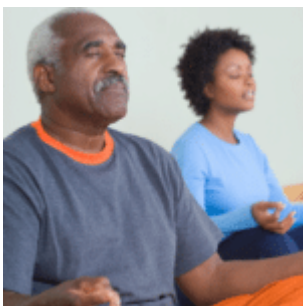
## Senior Fitness

January 28, 2025 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.

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## Senior Fitness

February 04, 2025 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.

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## Senior Fitness

February 11, 2025 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.

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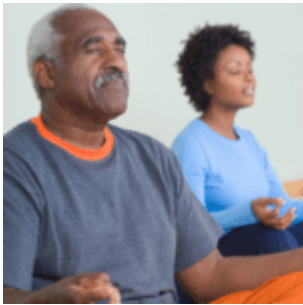
## Senior Fitness

February 18, 2025 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.

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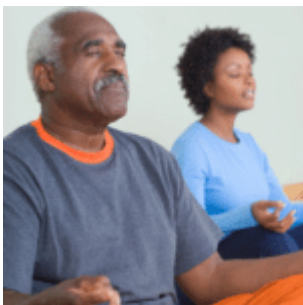
## Senior Fitness

February 25, 2025 at 10:00 am

*2375 Elvans Road SE, Washington DC, 20020*

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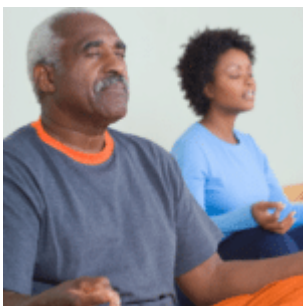
## Senior Fitness

March 04, 2025 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.

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## Senior Fitness

March 11, 2025 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.

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## Senior Fitness

March 18, 2025 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.

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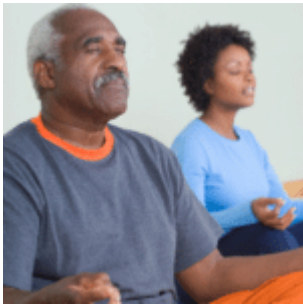
## Senior Fitness

March 25, 2025 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.

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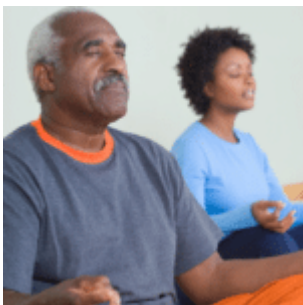
## Senior Fitness

April 01, 2025 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.

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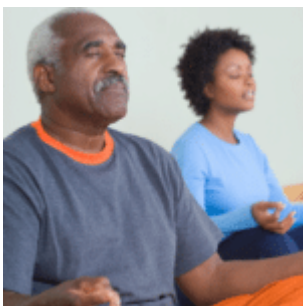
## Senior Fitness

April 08, 2025 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.

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## Senior Fitness

April 15, 2025 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.

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## Senior Fitness

April 22, 2025 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.

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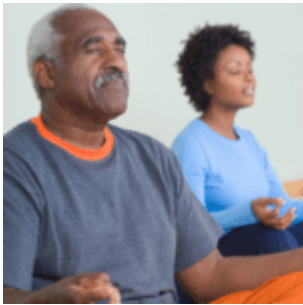
## Senior Fitness

April 29, 2025 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.

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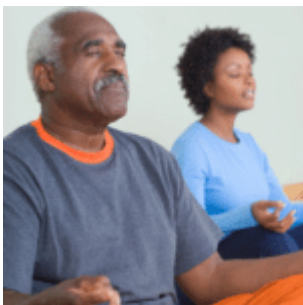
## Senior Fitness

May 06, 2025 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.

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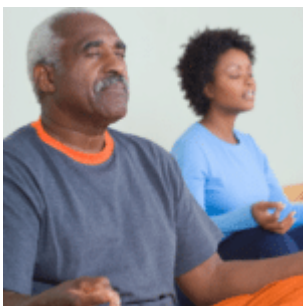
## Senior Fitness

May 13, 2025 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.

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## Senior Fitness

May 20, 2025 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.

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## Senior Fitness

May 27, 2025 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.

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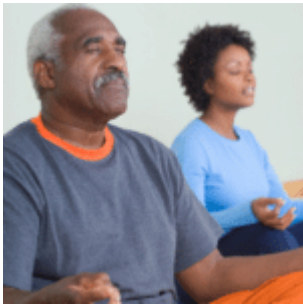
## Senior Fitness

June 03, 2025 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.

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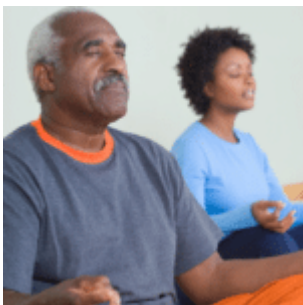
## Senior Fitness

June 10, 2025 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.

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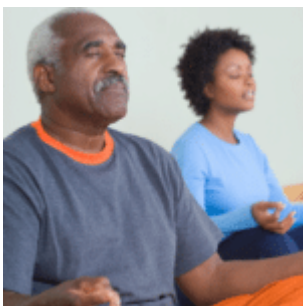
## Senior Fitness

June 17, 2025 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.

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## Senior Fitness

June 24, 2025 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.

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## Senior Fitness

July 01, 2025 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.

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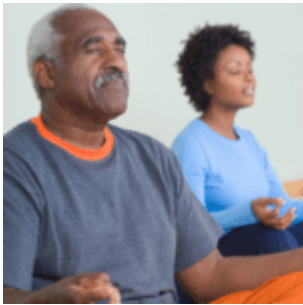
## Senior Fitness

July 08, 2025 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.

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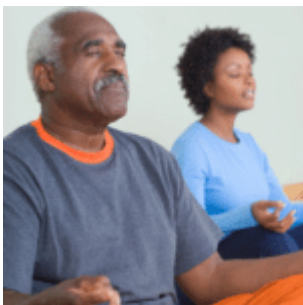
## Senior Fitness

July 15, 2025 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.

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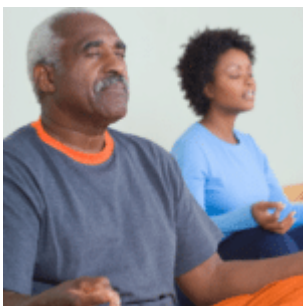
## Senior Fitness

July 22, 2025 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.

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## Senior Fitness

July 29, 2025 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.

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## Senior Fitness

August 05, 2025 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.

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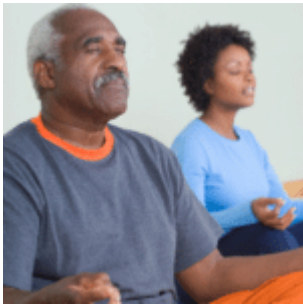
## Senior Fitness

August 12, 2025 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.

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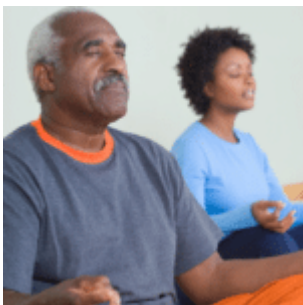
## Senior Fitness

August 19, 2025 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.

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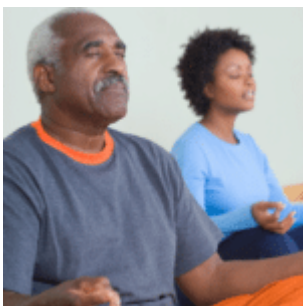
## Senior Fitness

August 26, 2025 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.

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## Senior Fitness

September 02, 2025 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.

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## Senior Fitness

September 09, 2025 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.

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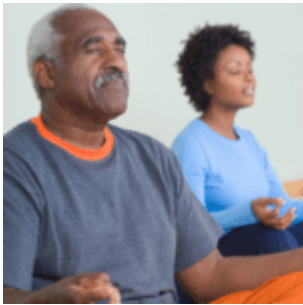
## Senior Fitness

September 16, 2025 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.

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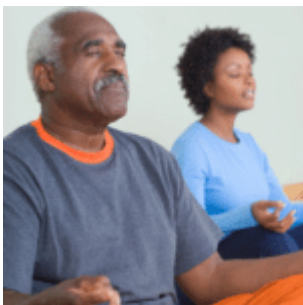
## Senior Fitness

September 23, 2025 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.

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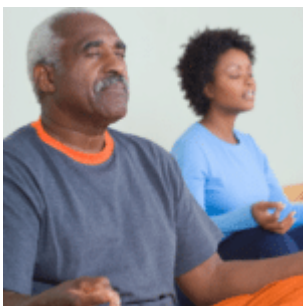
## Senior Fitness

September 30, 2025 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.

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## Senior Fitness

October 07, 2025 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.

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## Senior Fitness

October 14, 2025 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.

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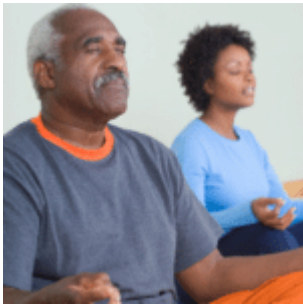
## Senior Fitness

October 21, 2025 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.

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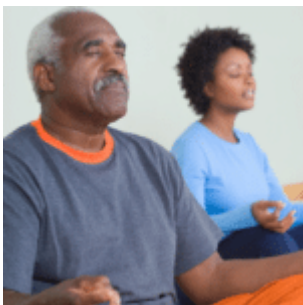
## Senior Fitness

October 28, 2025 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.

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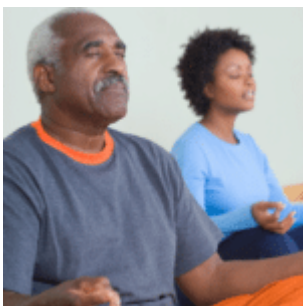
## Senior Fitness

November 04, 2025 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.

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## Senior Fitness

November 11, 2025 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.

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## Senior Fitness

November 18, 2025 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.

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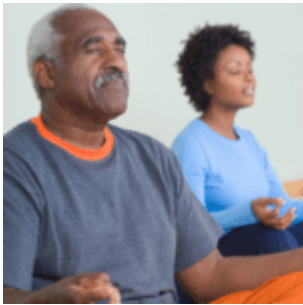
## Senior Fitness

November 25, 2025 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.

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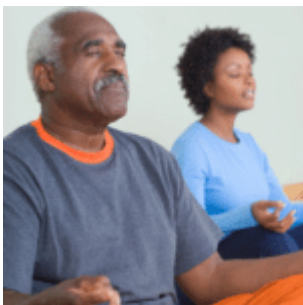
## Senior Fitness

December 02, 2025 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.

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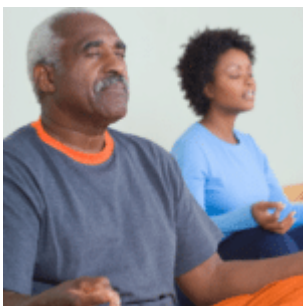
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December 09, 2025 at 10:00 am

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## Senior Fitness

December 16, 2025 at 10:00 am

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