



## 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.

---



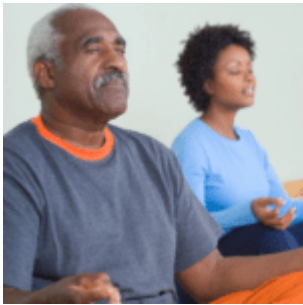
## Go-Go Fitness

April 23, 2025 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 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.

---



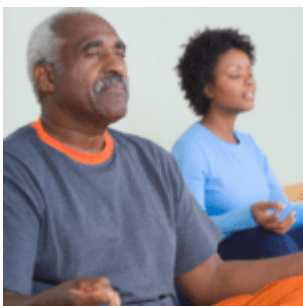
## Go-Go Fitness

April 30, 2025 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 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.

---



## Go-Go Fitness

May 07, 2025 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 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.

---



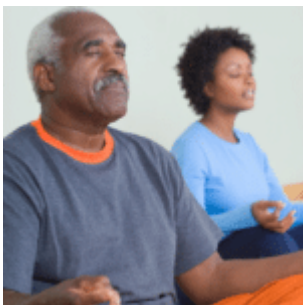
## Go-Go Fitness

May 14, 2025 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 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.

---



## Go-Go Fitness

May 21, 2025 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 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.

---



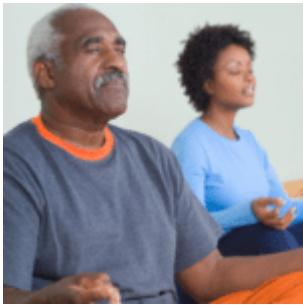
## Go-Go Fitness

May 28, 2025 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 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.

---



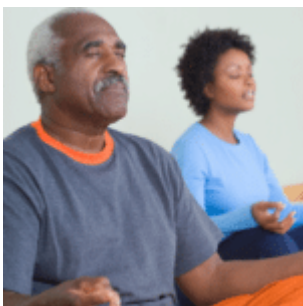
## Go-Go Fitness

June 04, 2025 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 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.

---



## Go-Go Fitness

June 11, 2025 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 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.

---



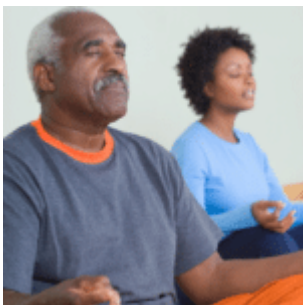
## Go-Go Fitness

June 18, 2025 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 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.

---



## Go-Go Fitness

June 25, 2025 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 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.

---



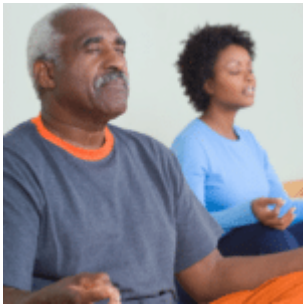
## Go-Go Fitness

July 02, 2025 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 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.

---



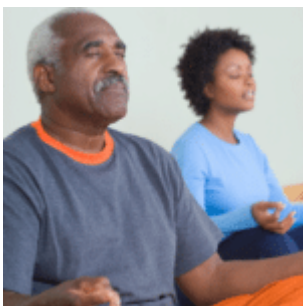
## Go-Go Fitness

July 09, 2025 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 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.

---



## Go-Go Fitness

July 16, 2025 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 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.

---



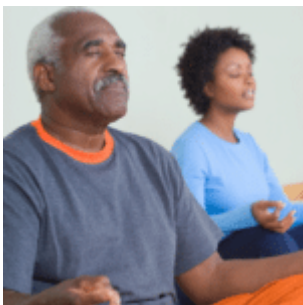
## Go-Go Fitness

July 23, 2025 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 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.

---



## Go-Go Fitness

July 30, 2025 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 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.

---



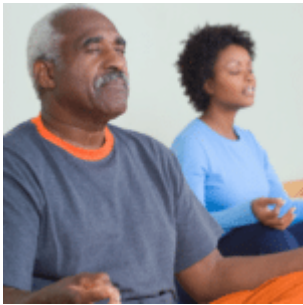
## Go-Go Fitness

August 06, 2025 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 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.

---



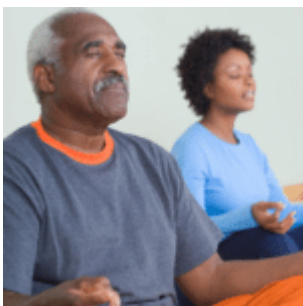
## Go-Go Fitness

August 13, 2025 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 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.

---



## Go-Go Fitness

August 20, 2025 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 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.

---



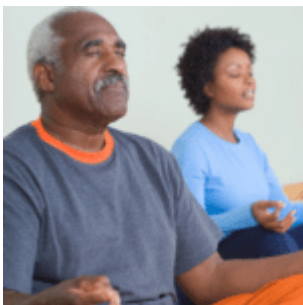
## Go-Go Fitness

August 27, 2025 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

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.

---



## Go-Go Fitness

September 03, 2025 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

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.

---



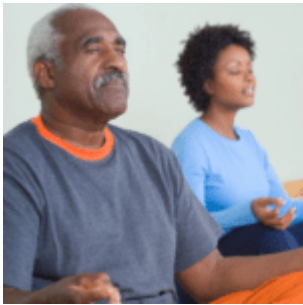
## Go-Go Fitness

September 10, 2025 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

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.

---



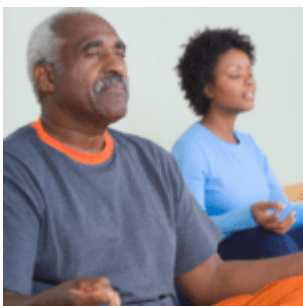
## Go-Go Fitness

September 17, 2025 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

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.

---



## Go-Go Fitness

September 24, 2025 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

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.

---



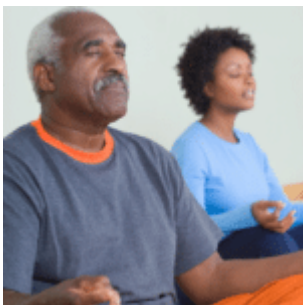
## Go-Go Fitness

October 01, 2025 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

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.

---



## Go-Go Fitness

October 08, 2025 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

---