

WASHINGTON SENIORS WELLNESS CENTER

FEBRUARY 2015

3001 Alabama Ave. SE
Washington, DC. 20020

202-581-9355

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:35 Gentle Movement A/B 11:10 EnhanceFitness 11:30 BEEDL 1:15 Fitness 1:45 Nutrition E 5:00 PM-7:00PM Fitness</p>	<p>3</p> <p>7:30 Open Gym 9:00 Fitness Class C 9:50 Fitness Class D 9:50 Nutrition C 10:35 Health Dialogue D 10:45 Gentle Movement C/D 11:30 Choraleers 12:00T'ai' Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 DIABETES MANAGEMENT CLASS</p>	<p>4</p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue A 10:00 Spanish Class 11:10 EnhanceFitness 11:30 MEMBER'S ASSEMBLY 10:35Health Dialogue B 10:35 Gentle Movement A/B 11:30 Knitting & Crocheting 1:00 G-A-P 1:15 Weightlifting Wednesdays w/Mosi 2:30 Your Memory: What is Normal Aging 2:30 Yoga 5:00PM—7:00PM FITNESS</p>	<p>5</p> <p>7:30 Open Gym 9:00 Zumba 9:50 Fitness Class D 9:50 Health Dialogue C 10:35 Nutrition D 10:45 Gentle Movement C/D 12:00 T'ai Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 Art Class 1:45 Nutrition F</p>	<p>6</p> <p>9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 Fit Fridays with Mosi 1:00 G-A-P 2:00 Yoga</p>
<p>9</p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:35 Gentle Movement A/B 11:10 EnhanceFitness 11:30 BEEDL 1:15 Fitness 1:45 Nutrition E 5:00 PM-7:00PM Fitness</p>	<p>10</p> <p>7:30 Open Gym 9:00 Fitness Class C 9:50 Fitness Class D 9:50 Nutrition C 10:35 Health Dialogue D 10:45 Gentle Movement C/D 11:30 Choraleers 12:00T'ai' Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 DIABETES MANAGEMENT CLASS</p>	<p>11</p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue A 10:00 Spanish Class 11:10 EnhanceFitness 10:35Health Dialogue B 10:35 Gentle Movement A/B 11:30 Knitting & Crocheting 1:00 COOKING with Shymee 1:00 G-A-P 1:15 Weightlifting Wednesdays w/Mosi 2:30 Yoga 5:00PM—7:00PM FITNESS</p>	<p>12</p> <p>7:30 Open Gym 9:00 Zumba 9:50 Fitness Class D 9:50 Health Dialogue C 10:35 Nutrition D 10:45 Gentle Movement C/D 12:00 T'ai Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 Art Class 1:45 Nutrition F</p>	<p>13</p> <p>9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 Fit Fridays with Mosi 1:00 G-A-P 2:00 Yoga</p>

<p>16</p>  <p>CENTER CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</p>	<p>17</p> <p>7:30 Open Gym 9:00 Fitness Class C 9:50 Fitness Class D 9:50 Nutrition C 10:35 Health Dialogue D 10:45 Gentle Movement C/D 11:30 Choraleers 12:00T'ai' Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 DIABETES MANAGEMENT CLASS</p>	<p>18</p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue A 10:00 Spanish Class 11:10 EnhanceFitness 10:35Health Dialogue B 10:35 Gentle Movement A/B 11:30 Knitting & Crocheting 1:00 Grief and Loss Presentation 1:00 G-A-P 1:15 Weightlifting Wednesdays w/Mosi 2:30 Yoga 5:00PM—7:00PM FITNESS</p>	<p>19</p> <p>7:30 Open Gym 9:00 Zumba 9:50 Fitness Class D 9:50 Health Dialogue C 10:35 Nutrition D 10:45 Gentle Movement C/D 12:00 T'ai Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 Art Class 1:45 Nutrition F</p>	<p>20</p> <p>9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 Fit Fridays with Mosi 1:00 G-A-P 2:00 Yoga</p>
<p>23</p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:35 Gentle Movement A/B 11:10 EnhanceFitness 11:30 BEEDL 1:15 Fitness 1:45 Nutrition E 5:00 PM-7:00PM Fitness</p>	<p>24</p> <p>7:30 Open Gym 9:00 Fitness Class C 9:50 Fitness Class D 9:50 Nutrition C 10:35 Health Dialogue D 10:45 Gentle Movement C/D 11:30 Choraleers 12:00T'ai' Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 DIABETES MANAGEMENT CLASS</p>	<p>25</p> <p>8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue A 10:00 Spanish Class 11:00 Black History Program 11:10 EnhanceFitness 10:35Health Dialogue B 10:35 Gentle Movement A/B 11:30 Knitting & Crocheting 1:00 G-A-P 1:15 Weightlifting Wednesdays w/Mosi 2:30 Yoga 5:00PM—7:00PM FITNESS</p>	<p>26</p> <p>7:30 Open Gym 9:00 Zumba 9:50 Fitness Class D 9:50 Health Dialogue C 10:00 GO RED FOR WOMEN 10:35 Nutrition D 10:45 Gentle Movement C/D 12:00 T'ai Chi 12:30 Tennis 1:15 Fitness Class F 1:00 G-A-P 1:00 Art Class 1:45 Nutrition F</p>	<p>27</p> <p>9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 Fit Fridays with Mosi 1:00 G-A-P 2:00 Yoga</p>

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*****Schedule subject to change

Legend

RED: Local Area Trips

GREEN: WSWC Workshop/Seminars/Meetings

PURPLE: SPECIAL ACTIVITY