

Actv #	Sec	Description	Location	Time Period	Meeting Days	Next Wk
H231	19991A	Ageless Yoga (Senior) Fort Stevens	Fort Stevens Senior Center	10:00am - 11:00am	T,F	*
H203	10486B	Body Flex Raymond	Raymond Recreation Center	6:30 pm - 7:30 pm	Tu,Th	
H204	10506A	Cardio Kick Banneker Community Center	Banneker Community Center	7:00 pm - 8:00 pm	M,W	
H204	10627B	Cardio Kick Hillcrest	Hillcrest Recreation Center	6:00pm - 7:00pm	M,W	*
H204	10685A	Cardio Kick Lamond	Lamond Recreation Center	6:30 pm - 7:30 pm	M,W	
H207	10673A	Easy does it Chair Brentwood	Brentwood Recreation Center	12:30pm - 1:30pm	M	*
H207	10631A	Easy Does It Chair Exercise Fort Stevens	Fort Stevens Senior Center	10:30 am - 11:30 am	M,W	
H207	19976A	Easy Does It Chair Exercise Kenilworth	Kenilworth Recreation Center	10:00 am - 11:00 am	M,W	
H207	10685C	Easy Does It Chair Exercise Lamond	Lamond Recreation Center	10:30 am - 12:00 pm	Th	
H207	10405A	Easy Does It Chair Exercise Ridge Road	Ridge Road Recreation Center	10:00 am - 11:00 am	Tu,Th	
H251	10506A	Family Fitness Banneker	Banneker Community Center	11:00am - 12:00pm	Sa	*
H215	10506B	Fitness Bootcamp Banneker Community Center	Banneker Community Center	6:00 pm - 6:45 pm	Tu,Th	
H215	12061A	Fitness Bootcamp Emery Recreation Center	Emery Heights Community Center	7:00 pm - 8:00 pm	M,W	
H215	12007A	Fitness Bootcamp North Michigan Park	North Michigan Park Recreation Center	11:00 am - 12:00 pm	Tu,Th	*
H215	10710B	Fitness Bootcamp Petworth	Petworth Recreation Center	6:00 pm - 7:00 pm	Tu,Th	*
H215	10484A	Fitness Bootcamp Randall	Randall Recreation Center	6:30 pm - 7:30 pm	W,F	*
H215	10405A	Fitness Bootcamp Ridge Road	Ridge Road Recreation Center	7:00 pm - 8:00 pm	M,W	
H215	10405A	Fitness Bootcamp Ridge Road	Ridge Road Recreation Center	7:00 pm - 8:00 pm	M,W	*
H215	12017A	Fitness Bootcamp Rosedale	Rosedale Community Center	6:00 pm - 7:00 pm	M,W	
H215	10445B	Fitness Bootcamp Takoma Community Center	Takoma Community Center	7:00 pm - 8:00 pm	M,Tu,Th	
H215	10615A	Fitness Bootcamp Trinidad	Trinidad Recreation Center	7:00 pm - 8:00 pm	Th	
H215	10496B	Fitness Bootcamp Turkey Thicket Recreation Center	Turkey Thicket Recreation Center	6:00 pm - 7:00 pm	M,W,Sa	
H241	12048A	Interval Training Guy Mason Recreation Center	Guy Mason Recreation Center	6:00 pm - 7:00 pm	Tu,Th,Sa	
H238	10474A	Intro to Weight Training Barry Farm	Barry Farm Recreation Center	7:00pm - 8:00pm	M,W	*
H238	10666A	Intro to Weight Training Deanwood	Deanwood Recreation Center	6:00 pm - 7:00 pm	Tu,Th	
H238	10627A	Intro to Weight Training Hillcrest	Hillcrest Recreation Center	6:00 pm - 7:00 pm	W,F	
H238	10445A	Intro to Weight Training Takoma Community Center	Takoma Community Center	6:00 pm - 7:00 pm	W,F	
H239	10474A	Intro to Yoga Barry Farm	Barry Farm Recreation Center	6:00pm - 7:00pm	T,Th	*
H239	10708A	Intro to Yoga Joseph Cole Recreation Center	Joseph Cole Recreation Center	6:00 pm - 7:00 pm	M,W	
H239	10445A	Intro to Yoga Takoma Community Center	Takoma Community Center	6:00 pm - 7:00 pm	Tu,Th	
H237	10665B	Strength and Conditioning Riggs Lasalle	Riggs Lasalle Recreation Center	6:00pm - 6:45pm	M, W	
H231	19987A	Yoga (Seniors) Chevy Chase Community Center	Chevy Chase Community Center	11:00 am - 12:00 pm	Th	
H231	19991A	Yoga Ageless Fort Stevens Senior	Fort Stevens Senior Center	10:00 am - 11:00 am	Tu,F	
H231	10506B	Yoga Banneker	Banneker Community Center	7:00 pm - 8:00 pm	Tu,Th	
H231	10506C	Yoga Banneker	Banneker Community Center	10:00 am - 9:45 am	Sa	
H231	10666A	Yoga Deanwood	Deanwood Recreation Center	6:00 pm - 7:00 pm	M,W	
H231	10613A	Yoga Friendship Recreation Center	Friendship Recreation Center	6:30 pm - 7:30 pm	Tu	
H231	10496A	Yoga Turkey Thicket Recreation Center	Turkey Thicket Recreation Center	7:00 pm - 8:15 pm	M	
H232	19987A	Zumba (Seniors) Chevy Chase Community Center	Chevy Chase Community Center	11:30 am - 12:30 pm	F	
H232	10561A	Zumba Bald Eagle	Bald Eagle Recreation Center	11:00 am - 12:00 pm	M,W	
H232	10506C	Zumba Banneker	Banneker Community Center	10:00am - 11:00am	Sa	*
H232	10506A	Zumba Banneker	Banneker Community Center	6:00pm - 7:00pm	M,W	*
H232	12049A	Zumba Benning Stoddert	Benning Stoddert Community Center	6:30 pm - 7:30 pm	M,W	
H232	12014B	Zumba Columbia Heights Community Center	Columbia Heights Community Center	7:00 pm - 8:00 pm	Tu,Th	
H232	10666B	Zumba Deanwood	Deanwood Recreation Center	10:00 am - 11:00 am	Sa	
H232	12061A	Zumba Emery	Emery Heights Community Center	6:30 pm - 7:30 pm	M	
H232	19991A	Zumba Gold Fort Stevens Senior Center	Fort Stevens Senior Center	10:00 am - 11:00 am	Th	
H232	12048A	Zumba Guy Mason Recreation Center	Guy Mason Recreation Center	7:00 pm - 8:00 pm	Tu	
H232	10708A	Zumba Joseph Cole	Joseph Cole Recreation Center	7:00pm - 8:00pm	Tu,Th	*
H232	12021A	Zumba Marie Reed Recreation Center	Marie Reed Recreation Center	6:00 pm - 7:00 pm	Tu,Th	
H232	12017A	Zumba Rosedale	Rosedale Community Center	7:00 pm - 8:00 pm	W	
H232	10552B	Zumba Sherwood	Sherwood Recreation Center	6:30 pm - 7:30 pm	W	
H232	10445A	Zumba Takoma	Takoma Community Center	6:00 pm - 7:00 pm	M,W	
H232	10615A	Zumba Trinidad	Trinidad Recreation Center	7:00 pm - 8:00 pm	M	*