

Hayes SWC Schedule – September 2022

Updated 8/30/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact</p> <p>10-2 Hayes Bus Trip: Ikea & Shoppers</p> <p>11-1 Lunch</p> <p>12-1 Bal- Leg (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-3 Enhance Fitness (Lonnell) Mid impact</p>	<p>2</p> <p>9-10 Tai Chi (Jerry-YMCA) low impact</p> <p>10-11 Line Dancing (Darnell)low/mid/high</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Yoga (Emily) Low impact</p> <p>1-2 Pilates (Emily) Low/ mid impact</p> <p>2-3 Enhance Fitness (Lonnell) Low Impact</p> <p>3-4 Enhance Fitness (Lonnell) Mid impact</p>
<p>5</p> <p>LABOR DAY</p> <p>Hayes SWC</p> <p>CLOSED</p>	<p>6</p> <p>9-10 The “ WALL” (Darnell) Low/mid impact</p> <p>10-11 Medical Moment</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Balance-Leg (Darnell) Low/ mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-3 Enhance Fitness (Lonnell) Mid impact</p>	<p>7</p> <p>9-10 The “ WALL” (Darnell) Low/mid impact</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>11-1 Lunch</p> <p>11-12 Club Memory</p> <p>12-1 Enhance Fitness (Lonnell) Low Impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Stretching (Darnell) Low</p>	<p>8</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact</p> <p>11-1 Hayes Bus Trip: TBD</p> <p>11-1 Lunch</p> <p>12-1 Bal- Leg (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-3 Enhance Fitness (Lonnell) Mid impact</p>	<p>9</p> <p>9-10 Tai Chi (Jerry-YMCA) low impact</p> <p>10-11 Line Dancing (Darnell)low/mid/high</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Yoga (Emily) Low impact</p> <p>1-2 Pilates (Emily) Low/ mid impact</p> <p>2-3 Enhance Fitness (Lonnell) Low Impact</p> <p>3-4 Enhance Fitness (Lonnell) Mid impact</p>

12	13	14	15	16
<p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-12 Full Body (Darnell) mid/ high impact</p> <p>11-1 Lunch</p> <p>12-1 Stretching (Darnell) Low</p> <p>1-2 Line Dancing (Darnell) low/ mid impact</p> <p>1-3 Tech Class (Markell)</p>	<p>9-10 The "WALL" (Darnell) Low/mid impact</p> <p>10-11 Medical Moment</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Balance-Leg (Darnell) Low/ mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-3 Enhance Fitness (Lonnell) Mid impact</p>	<p>9-10 The "WALL" (Darnell) Low/mid impact</p> <p>10:30-12 Townhall Meeting</p> <p>11-1 Lunch</p> <p>12-1 Enhance Fitness (Lonnell) Low impact</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Stretching (Darnell) Low</p>	<p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact</p> <p>10-2 Hayes Bus Trip: Bowl America</p> <p>11-1 Lunch</p> <p>12-1 Bal- Leg (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <p>2-3 Enhance Fitness (Lonnell) Mid impact</p>	<p>9-10 Tai Chi (Jerry-YMCA) low impact</p> <p>10-11 Line Dancing (Darnell)low/mid/high</p> <p>11-1 Lunch</p> <p>11-12 BINGO</p> <p>12-1 Yoga (Emily) Low impact</p> <p>1-2 Pilates (Emily) Low/ mid impact</p> <p>2-3 Enhance Fitness (Lonnell) Low Impact</p> <p>3-4 Enhance Fitness (Lonnell) Mid impact</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-12 Full Body (Darnell) mid/ high impact 11-1 Lunch 12-1 Stretching (Darnell) Low 1-2 Line Dancing (Darnell) low/ mid impact 1-3 Tech Class (Markell)	9-10 The "WALL" (Darnell) Low/mid impact 10-11 Medical Moment 11-1 Lunch 11-12 BINGO 12-1 Balance-Leg (Darnell) Low/ mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 2-3 Enhance Fitness (Lonnell) Mid impact	9-10 The "WALL" (Darnell) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact 11-12 Cardio Lite (Neatha-YMCA) Low/mid impact 11-1 Lunch 11-12 Club Memory 12-1 Enhance Fitness (Lonnell) Low Impact 1-2 Enhance Fitness (Lonnell) Mid impact 2-3 Stretching (Darnell) Low	9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact 10-2 Hayes Bus Trip: Amish Market 11-1 Lunch 12-1 Bal-Leg (Darnell) Low/mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 2-3 Enhance Fitness (Lonnell) Mid impact	9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell)low/mid/high 11-1 Lunch 11-12 BINGO 12-1 Yoga (Emily) Low impact 1-2 Pilates (Emily)low/ mid impact 2-3 Enhance Fitness (Lonnell) Low Impact 3-4 Enhance Fitness (Lonnell) Mid impact
26	27	28	29	30
9-10 Enhance Fitness (Lonell) Low impact 10-11 Enhance Fitness (Lonnell) Mid impact 11-12 Full Body (Darnell) mid/ high impact 11-1 Lunch 12-1 Stretching (Darnell) Low 1-2 Line Dancing (Darnell) low/ mid impact 1-3 Tech Class (Markell)	9-10 The "WALL" (Darnell) Low/mid impact 10-11 Medical Moment 11-1 Lunch 11-12 BINGO 12-1 Balance-Leg (Darnell) Low/ mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 2-3 Enhance Fitness (Lonnell) Mid impact	9-10 The "WALL" (Darnell) Low/mid impact 10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid impact 11-12 Cardio Lite (Neatha-YMCA) Low/mid impact 11-1 Lunch 11-12 Club Memory 12-1 Enhance Fitness (Lonnell) Low impact 1-2 Enhance Fitness (Lonnell) Mid impact 2-3 Stretching (Darnell) Low	9-10 Cardio Lite (Neatha-YMCA) Low/mid impact 10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid impact 11-2 Scavenger Hunt 11-1 Lunch 12-1 Bal-Leg (Darnell) Low/mid impact 1-2 Enhance Fitness (Lonnell) Low Impact 2-3 Enhance Fitness (Lonnell) Mid impact	9-10 Tai Chi (Jerry-YMCA) low impact 10-11 Line Dancing (Darnell)low/mid/high 11-1 Lunch 11-12 BINGO 12-1 Yoga (Emily) Low impact 1-2 Pilates (Emily) Low/ mid impact 2-3 Enhance Fitness (Lonnell) Low Impact 3-4 Enhance Fitness (Lonnell) Mid impact



HAYES SENIOR WELLNESS CENTER

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Website: www.hayesswc.com

Hours: Monday – Friday, 8 am to 4 pm

