







Updated 6/29/23

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <p>3</p> <p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Cardio Chair (Darnell)</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p>  | <p>4</p>  <p>HAYES SWC CLOSED</p> | <p>5</p> <p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-1 LUNCH</p> <p>11-12 Club Memory (ZOOM)</p> <p>12-1 Enhance Fitness (Lonnell) Low Impact</p> <p>12-2 Crafts Club</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Line Dancing (Darnell) low/mid/high</p> | <p>6</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p>  | <p>7</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp.</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Emily) Low</p> <p>11-12 Nutrition Education & Wellness w/ Food Jonezi</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) mid impact</p> <p>1-2 Yoga (Emily) Low impact</p> <p>2-3 ZUMBA! (Kathy) high impact</p>  |
| <p>10</p> <p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Cardio Chair (Darnell)</p> <p>1-2 Strength & Resistance (Darnell) mid/high impact</p> <p>2-3 Stretching (floor) (Darnell) low/ mid impact</p> | <p>11</p> <p>9-10 The Wall (Darnell) mid impact</p> <p>10-11 Stretching (chair) (Darnell) Low/mid impact</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell) mid</p> <p>2-3 Hand Dancing</p> <p>3-4 Card Club</p>  | <p>12</p> <p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10:30-12 Townhall Meeting</p> <p>11-1 LUNCH</p> <p>12-1 Enhance Fitness (Lonnell) Low</p> <p>12-2 Crafts Club</p> <p>1-2 Enhance Fitness (Lonnell) Mid</p> <p>2-3 Line Dancing (Darnell) mid</p>  | <p>13</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down. (Neatha-YMCA) Low/mid</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p>  | <p>14</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp.</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Emily) Low/mid</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low/ mid</p> <p>1-2 Yoga (Emily) Low impact</p> <p>2-3 ZUMBA! (Kathy) high impact</p> <p>2-4 Cooking Demonstration w/ FOOD Jonezi</p>  |

Hayes SWC Calendar—July 2023

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|---|--|---|---|---|
| <p>17</p> <p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Cardio Chair (Darnell)</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p> | <p>18</p> <p>9-10 The Wall (Darnell) mid impact</p> <p>10-11 Stretching (chair) (Darnell) Low/mid impact</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Special Presentation: Legal Counsel for the Elderly</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell)</p> <div style="text-align: center;">  </div> | <p>19</p> <p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-1 LUNCH</p> <p>11-12 Club Memory (ZOOM))</p> <p>12-1 Enhance Fitness (Lonnell) Low Impact</p> <p>12-2 Crafts Club</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Line Dancing (Darnell)low/mid/high</p> | <p>20</p> <p>9-10 Cardio Lite (Neatha-YMCA)</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>10 -2 Hayes Bus Trip: Bowling!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell)</p> <div style="text-align: center;">  </div> | <p>21</p> <p>9-10 Tai Chi (Jerry-YMCA) low imp.</p> <p>10-11 Line Dancing (Darnell)</p> <p>11-12 Stretching (Emily) Low</p> <p>11-12 Nutrition Education & Wellness w/ Food Jonezi</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) mid impact</p> <p>1-2 Yoga (Emily) Low impact</p> <p>2-3 ZUMBA! (Kathy) high impact</p> <div style="text-align: center;">  </div> |
| <p>24</p> <p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonnell) Mid impact</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Cardio Chair (Darnell)</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p> <div style="text-align: center;">  </div> | <p>25</p> <p>9-10 The Wall (Darnell) mid impact</p> <p>10-11 Stretching (chair) (Darnell) Low/mid impact</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) mid/high</p> <p>1-2 Cardio Chair (Darnell)</p> <p>2-3 Hand Dancing</p> <p>3-4 Card Club</p> <div style="text-align: center;">  </div> | <p>26</p> <p>9-10 ZUMBA! (Kathy) high imp.</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 Cardio Lite (Neatha-YMCA) Low/mid</p> <p>11-1 LUNCH</p> <p>11-12 Club Memory (In Person)</p> <p>12-1 Enhance Fitness (Lonnell) Low Impact</p> <p>12-2 Crafts Club</p> <p>1-2 Enhance Fitness (Lonnell) Mid impact</p> <p>2-3 Line Dancing (Darnell)low/mid/high</p> | <p>27</p> <p>9-10 Cardio Lite (Neatha-YMCA) Low/mid impact</p> <p>10-11 Sit Down, Get Down (Neatha-YMCA) Low/mid</p> <p>11-12 BINGO!</p> <p>11-1 LUNCH</p> <p>12-1 Strength & Resistance (Darnell) Low/mid impact</p> <p>1-2 Enhance Fitness (Lonnell) Low Impact</p> <div style="text-align: center;">  </div> | <p>28</p> <p>9-10 Tai Chi (Jerry-YMCA) low impact</p> <p>10-11 Line Dancing (Dar) low/mid/high</p> <p>11-12 Stretching (Emily) Low/mid impact</p> <p>11-1 LUNCH</p> <p>12-1 Pilates (Emily) Low/ mid impact</p> <p>1-2 Yoga (Emily) Low impact</p> <p>2-3 ZUMBA! (Kathy) high impact</p> <p>2-4 Cooking Demonstration w/ FOOD Jonezi</p> |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|-----------|----------|--------|
| <p style="text-align: center;">31</p> <p>9-10 Enhance Fitness (Lonell) Low impact</p> <p>10-11 Enhance Fitness (Lonell) Mid impact</p> <p>11-1 LUNCH</p> <p>12-1 Medical Moment</p> <p>12-1 Cardio Chair (Darnell)</p> <p>1-2 Strength & Resistance (Darnell) mid/high</p> <p>2-3 Stretching (floor) (Darnell) low impact</p>  |  <p style="text-align: center; font-size: 2em; color: #f08080; font-family: cursive;">Summer Days at Hayes!</p> | | | |

HAYES SENIOR WELLNESS CENTER

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Washington, DC 20002

202-727-0357

WARD 6

Website: hayesswc.com

Center hours: Monday-Friday 8am to 4pm



HOWARD
UNIVERSITY