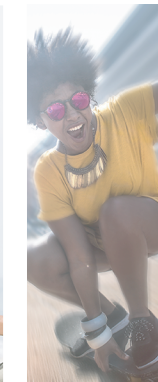





JOIN MAYOR MURIEL BOWSER AT

OPEN STREETS DC

VISION **ZERO** d. **GOVERNMENT OF THE DISTRICT OF COLUMBIA**
MURIEL BOWSER, MAYOR



EVENT PROGRAM | FITNESS SCHEDULE

	Fitness Stage	Main Stage	Demo Area	Fitness Stage
LOCATION	Kenyon St. and Georgia Ave. NW	New Hampshire Ave. and Georgia Ave. NW	Varnum St. and Georgia Ave. NW	Longfellow St. and Georgia Ave. NW
10:00 AM	*Yoga (Yoga Heights) All levels welcome.	Model Cities Steppers DC Demonstration	November Project Community workout for all ages and levels!	Cardio Kickboxing (Mary's Senior Center) Cardio, kick, core and fun for everyone!
10:30 AM		Salsa with Silvia Demonstration & Lesson		
11:00 AM	Zumba (Twist and Turn Body Fitness) Dance moves set to high energy international beats.		Capoeira Barro Vermelho Capoeira demo and short lesson.	Full Body Workout (Petworth Fitness) Intense cardio, moderate strength training, and core workout.
11:30 AM		Opening Remarks Mayor Muriel Bowser and Guests	DC Retro Jumpers Learn how to enter the ropes and double dutch!	
12:00 PM	*Core Sculpt & Burn (Fitbit Local DC) Bodyweight bootcamp and mobility stretch.	La Marvela Female Afro-Colombian band		*Kundalini Yoga (Lighthouse Yoga Center) Combines movement, breathing meditation and more! All levels welcome.
12:30 PM				
1:00 PM	Blast Workout (Body Mass) Total body strength training.	TOB Go-Go Band		Zumba (Washington Sports Club)
1:30 PM				
2:00 PM				

***Bring a yoga mat.**

ACTIVITY SCHEDULE: BARRY PLACE NW TO MISSOURI AVE. NW

Activity Area 1	Activity Area 2	Activity Area 3	Activity Area 4	Activity Area 5	Activity Area 6
Barry St. to Fairmont St.	Girard St. to Kenyon St.	Lamont St. to New Hampshire Ave.	Quincy St. to Varnum St.	Webster St. to Jefferson St.	Kennedy St. to Missouri Ave.
Adult Obstacle Course	Fitness Stage	Main Stage	Demonstration Area	Truck Touch	Fitness Stage
Capital Bikeshare Corral Unlimited bike parking	Wangari Gardens	goDCgo Commuter Information Ten	Census 2020	WABA - Youth and Family Biking Activities+ a Pop-up Protected Bike Lane	Fire truck slide
Adult Rock Climbing Wall	Councilmember Nadeau Table	Capital Bikeshare Corral Unlimited bike parking	Business Activity - Safari Hydration Station	DC Water Truck	Moon Bounce
*Howard University Zumba at 12pm	District Bridges Table	Capital Bikeshare Tent	Toddler Traffic Garden Kids traffic safety education	Capital Bikeshare Corral Unlimited bike parking	CPR Training
*Howard University Kickboxing Class at 1pm	Business Activity - Sonny's	Executive Office of the Mayor Tent	Skateboard Ramp	Gearin' Up Bicycles: Pop-Up Repair and Safety checks; Youth ride class	ANC 4A Tent
Howard University Hospital Health & Wellness Info. & Screenings	ANC 1B Tent	Lime Scooter Parking	Petworth Library Tent and Kids Area	Lime - Learn how to ride a scooter	Fun Wagon
CPR Training	DC Bike Fair	Revel	CPR Training	ANC 4C Tent	Uptown Main Street Table
Lime Scooter Corral	WABA - Confident City Cycling Classes	DC Water Truck	*Petworth Farmers Market (9 am - 1 pm)	Washington Sports Club Spin Class	
	Skatemobile	ANC 1A Tent			
	Circulator Bus Bike Demo	Zipcar	Councilmember Todd Table		
	Lime Scooter Corral	Business Activity - Smitty's	Business Activity - Mary's Center Tent		
	Street Smart: Virtual Reality Driver Safety Challenge	Virtual Reality Bike Ride	Business Activity - AllState Tent		
	Business Activity - Bodymass Gym	HIV Testing - LAYC & LCDP	Smart Media Kiosk		
	Business Activity - Performance Care	DC Tobacco Free Coalition	PEPCO Tent		
		Business Activity - Mary's Center Senior Activity	Business Activity - Safeway		
		Business Activity - Midlands			
		Business Activity - Sweat DC			
		Business Activity - Sonder			
					Lime Scooter Parking
					ANC 4B Tent

All activities will take place between 10am and 2pm except where noted.
Sustainable transportation activities and demos are highlighted in yellow.