



COUNCIL OF THE DISTRICT OF COLUMBIA
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Media Advisory
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Councilmember Alexander Will Host Free Boot Camp Classes at Deanwood and Fort Davis Community Centers

What: As a part of her “Let’s Get Fit and Healthy Ward 7” campaign, Councilmember Yvette M. Alexander has teamed up with CD Fit trainers to run free boot camp workout classes at two Ward 7 community centers, Deanwood and Fort Davis. The sessions will consist of an hour-long intense workout led by Kristopher Boswell, a trainer from the CD Fit team led by Clarence Duhart. The program will last for four weeks. Councilmember Alexander is pushing to bring healthy nutrition and fitness awareness to the residents of Ward 7.

Who: Councilmember Yvette M. Alexander, Ward 7
Clarence Duhart, owner of CD Fit
Kristopher Boswell, trainer

When: Monday, February 28, 7:30 p.m. – 8:30 p.m. at Deanwood
Wednesday, March 2, 7 p.m. – 8 p.m. at Fort Davis

Where: Deanwood Recreation Center
1350 49th Street, NE
Washington, DC 20019

Fort Davis Community Center
1400 41st Street, SE
Washington, DC 20020

