

# Spring 2024 Fitness Schedule



**WELLNESS NETWORK**

www.wellnessnetworkweb.com

**KSAC Swim Center**

5900 Executive Blvd N. Bethesda MD 20852

240-777-8070

	<b>MONDAY</b> 3/4 – 5/20 11 sessions No class 3/25	<b>TUESDAY</b> 3/5 – 5/21 11 sessions No class 3/26	<b>WEDNESDAY</b> 3/6 – 5/22 11 sessions No class 3/27	<b>THURSDAY</b> 3/7 – 5/23 11 sessions No Class 3/28	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>10:00 am</b>	Water Exercise Karla 1011-304		Water Exercise Lauren 1011-302				
<b>11:00 am</b>	Aqua Lite Karla 1005-301		Aqua Lite Lauren 1005-302				
<b>7:35 pm</b>				Deep Water Run Shannon 1008-305			
<b>7:45 pm</b>		Deep Water Run Shannon 1008-304					

ANY QUESTIONS CONTACT LINDA DIRECT AT [WELLNET1@AOL.COM](mailto:WELLNET1@AOL.COM) OR 301 924-3488  
 NO MAKE UP CLASSES