

Spring April 1 – June 16 Water Fitness Schedule SSRAC



WELLNESS NETWORK

www.wellnessnetworkweb.com

Silver Spring Recreation and Aquatic Center 1319 Apple Ave. Silver Spring, MD 20910 240-777-6900

	MONDAY 4/1 – 6/10	TUESDAY 4/2 – 6/11	WEDNESDAY 4/3 – 6/12	THURSDAY 4/4 – 6/13	FRIDAY 4/5 – 6/14	SATURDAY 4/6 – 6/15	SUNDAY 4/7 -6/16
9:30 am							Deep Water Run Shannon R01008-3506
10:00 am	Aqua Cardio Dance Janet R01003-3500		Aqua Cardio Dance Michelle R01003-3501				
11:00 am	Aqua Lite Janet R01005-3501		Aqua Lite Michelle R01005-3500				
6:00 pm		Aqua Fit Shannon R01085-3500		Water Exercise Shannon R01011-3501			
7:05 pm		Deep Water Run Shannon R01008-3500		Deep Water Run Shannon R01008-3502			

ANY QUESTIONS CONTACT LINDA DIRECT AT WELLNET1@AOL.COM OR 301 924-3488
NO MAKE UP CLASSES