

Spring 2024 Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

Olney Swim Center

16605 Georgia Ave. Olney, MD 20832

240-777-4995

	MONDAY 3/4 - 6/10 13 sessions No class 3/25, 5/27	TUESDAY 3/5 - 6/11 14 sessions No class 3/26	WEDNESDAY 3/6 - 6/12 14 sessions No class 3/27	THURSDAY 3/7 - 6/13 14 sessions No class 3/28	FRIDAY 3/8 - 6/14 14 sessions No class 3/29	SATURDAY 3/9 - 6/15 12 sessions No class 3/9, 3/30, 5/25	SUNDAY 3/3 - 6/9 12 sessions No classes 3/10, 3/31, 5/26
6:30 am			Deep Water Run Betty 1008-321		Deep Water Run Betty 1008-322		
8:30 am		Deep Water Run Beth 1008-313					
9:00 am	Water Exercise Cheryl 1011-305		Water Exercise Beth 1011-306	Deep Water Run Beth 1008-317	Water Exercise Cheryl 1011-307		
9:05 am						Deep Water Run Shannon 1008-332	Aqua Cardio Dance Michelle 1003-332
9:30 am		Water Aerobics Beth 1010-302					
10:00 am	Aqua Lite Cheryl 1005-303		Aqua Lite Beth 1005-304	Water Aerobics Sharon 1010-304	Aqua Lite Cheryl 1005-305		
10:30 am		Deep Water Run Beth 1008-314					
11:00 am	Deep Water Run Betty 1008-331			Deep Water Run Sharon 1008-318			
6:20 pm					Deep Water Run Shannon 1008-320		
7:20 pm	Deep Water Run Lisa 1008-312	Water Aerobics Cheryl 1010-303	Deep Water Run Claire 1008-316	Water Aerobics Cheryl 1010-305			
8:15 pm				Deep Water Run Cheryl 1008-319			

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