

Spring 2024 Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

GISC

18000 Central Park Circle Boyds, MD 20841

240-777-6830

	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	SATURDAY 3/9 - 6/15 12 sessions No class 3/23, 3/30, 5/25	
9:30 am			Water Aerobics Tania 1010-300				
10:00 am	Deep Water Run Tania 1008-308	Deep Water Run Sharon 1008-307		Deep Water Run Flee 1008-310		Deep Water Run Flee 1008-333	
10:30 am							
7:50 pm	Deep Water Run Claire 1008-311			Water Aerobics Tania 1010-308			

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