

Silver Spring Recreation & Aquatics Center

	MONDAY 9/14 – 12/7 11 sessions Skip Days: 9/21,11/23 *Make-up Days: 12/14,12/21	TUESDAY 9/15 – 12/8 12 sessions Skip Days: 11/24 *Make-up Days: 12/15,12/22	WEDNESDAY 9/16 – 12/9 12 sessions Skip Days: 11/25 *Make-up Days: 12/16,12/23	THURSDAY 9/17 – 12/3 12 sessions Skip Days: 11/26 *Make-up Days: 12/10,12/17	FRIDAY 9/18 – 12/4 12 sessions Skip Days: 11/27 *Make-up Days: 12/11,12/18	SATURDAY 9/19-11/7 7 sessions Skip Days: 10/10 *Make-up Days: 11/14,11/21	SUNDAY 9/20-12/6 11 sessions Skip Days: 11/29 *Make-up Days: 12/13,12/20
10:00 am			Aqua Cardio Dance R01003-2501 Michelle				
11:00 am	AQUA LITE R01005-1501 Michelle		AQUA LITE R01005-1500 Michelle				DEEP WATER RUN R01008-1506 Starts 11:10 Claire
6:00 pm		AQUA FIT R01085-1500 Shannon		Water Exercise R01011-1501 Shannon			
7:05 pm		DEEP WATER RUN R01008-1500 7:05 Shannon					
7:15 pm				DEEP WATER RUN R01008-1502 7:15 Shannon			

*Make-ups are provided when class is cancelled by Recreation Only! There are two possible make-up days for this session.
Please ask the front desk for more information on the make-up and refund policy for Water fitness.*

Classes that are highlighted are full

For information about instructors or class content: WELLNESS NETWORK: LINDA AT WELLNET1@AOL.COM OR 301.924.3488