

Fall 2025 Water Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

Silver Spring Recreation and Aquatic Center

1319 Apple Ave. Silver Spring, MD 20910 240-777-6900

	MONDAY 9/15 – 12/8 12 sessions No Class 11/24	TUESDAY 9/16 – 12/9 12 sessions No Class 11/25	WEDNESDAY 9/17 – 12/10 12 sessions No Class 11/26	THURSDAY 9/18 – 12/11 12 sessions No class 11/27	FRIDAY 9/19 – 12/12 12 sessions No class 11/28	SATURDAY 9/20 – 12/6 11 sessions No class 11/29	SUNDAY 9/21- 12/7 11 sessions No class 11/23
10:00 am	Deep Water Run Jennifer 1008 -1508		Aqua Cardio Dance Michelle 1003-1501				
11:00 am	Aqua Lite Jennifer 1005-1501		Aqua Lite Michelle 1005-1500				
11:10 am							Deep Water Run Claire 1008-1506
6:00 pm		Aqua Fit Shannon 1085-1500		Water Exercise Shannon 1011-1501			
7:05 pm		Deep Water Run Shannon 1008-1500					
7:15 pm				Deep Water Run Shannon 1008-1502			

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