

Spring 2026 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 3/16 – 6/1 9 sessions Skip 3/30, 4/6, 5/25	TUESDAY 3/17 – 6/2 11 sessions Skip 3/31	WEDNESDAY 3/18 – 6/3 9 sessions Skip 4/1, 5/27	THURSDAY 3/19 – 6/4 11 sessions Skip 4/2			SUNDAY 3/15 - 5/31 9 sessions Skip 3/29, 4/5, 5/24
10:00 am	Deep Water Run Michelle 1008-3508		Aqua Cardio Dance Michelle 1003-3501				
11:00 am	Aqua Lite Michelle 1005-3501		Aqua Lite Michelle 1005-3500				
11:10 am							Deep Water Run Claire 1008-3506
6:00 pm		Aqua Fit Shannon 1085-3500		Water Exercise Shannon 1011-3501			
7:05 pm		Deep Water Run Shannon 1008-3500					
7:15 pm				Deep Water Run Shannon 1008-3502			

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