

Summer 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 6/16 – 8/25 11 sessions	TUESDAY 6/17 – 8/26 11 sessions	WEDNESDAY 6/18 – 8/27 11 sessions	THURSDAY 6/26 – 8/28 10 sessions No class 6/19	FRIDAY 6/20 – 8/29 10 sessions No class 7/4	SATURDAY 6/21 – 8/23 10 sessions	SUNDAY 6/15 – 8/24 11 sessions
10:00 am	Deep Water Run Jennifer 1008-5508		Aqua Cardio Dance Michelle 1003-5501				
11:00 am	Aqua Lite Jennifer 1005-5501		Aqua Lite Michelle 1005-5500				
11:10 am							Deep Water Run Claire 1008-5506
6:00 pm		Aqua Fit Shannon 1085-5500		Water Exercise Shannon 1011-5501			
7:05 pm		Deep Water Run Shannon 1008-5500					
7:05 pm				Deep Water Run Shannon 1008-5502			

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