

Summer 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 6/22 – 8/17 9 sessions	TUESDAY 6/23 – 8/18 9 sessions	WEDNESDAY 6/24 – 8/19 9 sessions	THURSDAY 6/25 – 8/20 9 sessions			SUNDAY 6/21 – 8/16 9 sessions
10:00 am			Aqua Cardio Dance Michelle 1003-5501				
11:00 am	Aqua Lite Michelle 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		Deep Water Run Shannon 1008-5502			

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