

Winter 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 1/5 – 2/23 6 sessions No Class 1/19, 2/16	TUESDAY 1/6 – 2/24 8 sessions	WEDNESDAY 1/7 – 2/25 8 sessions	THURSDAY 1/8 – 2/26 8 sessions			SUNDAY 1/4 -2/22 8 sessions
10:00 am	Deep Water Run Michelle 1008 -2508		Aqua Cardio Dance Michelle 1003-2501				
11:00 am	Aqua Lite Michelle 1005-2501		Aqua Lite Michelle 1005-2500				
11:10 am							Deep Water Run Claire 1008-2506
6:00 pm		Aqua Fit Shannon 1085-2500		Water Exercise Shannon 1011-2501			
7:05 pm		Deep Water Run Shannon 1008-2500					
7:15 pm				Deep Water Run Shannon 1008-2502			

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