

Summer 2025 Water Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

Bethesda Outdoor Swim Center

6300 Hillandale Road Bethesda, MD

301 924-3488

	MONDAY 6/16 – 8/11 9 sessions	TUESDAY 6/17– 8/12 9 sessions	WEDNESDAY 6/18 – 8/13 9 sessions	THURSDAY 6/26 – 8/14 8 sessions No class 6/19	FRIDAY 6/20 – 8/15 8 sessions No class 7/4	SATURDAY	SUNDAY 6/15 – 8/10 9sessions
8:00 am							Deep Water Run 1008-
11:30 am		Water Aerobics 1010-501 Michelle		Water Aerobics 1010-502 Michelle			
8:00 pm	Deep Water Run 1008- Michelle		Deep Water Run 1008- Michelle				

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