

Fall 2025 Water Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

Olney Swim Center

16605 Georgia Ave. Olney, MD 20832

240-777-4995

	MONDAY 9/8 – 12/8 13 sessions No class 11/24	TUESDAY 9/9 – 12/9 13 sessions No class 11/25	WEDNESDAY 9/10 – 12/10 13 sessions No class 11/26	THURSDAY 9/11 – 12/11 13 sessions No class 11/27	FRIDAY 9/12 - 12/12 13 sessions No class 11/28	SATURDAY 9/13 – 11/22 10 sessions No class 11/8, 11/29	SUNDAY 9/7 – 12/7 12 sessions No class 11/9, 11/23
6:30 am			Deep Water Run Betty 1008-119		Deep Water Run Betty 1008-120		
8:30 am		Deep Water Run Beth 1008-112					
9:00 am	Water Exercise Cheryl 1011-102		Water Exercise Beth 1011-103	Deep Water Run Beth 1008-115	Water Exercise Cheryl 1011-104		
9:05 am						Deep Water Run Shannon 1008-129	Aqua Cardio Dance Michelle 1003-101
9:30 am		Water Aerobics Beth 1010-102					
10:00 am	Aqua Lite Cheryl 1005-103		Aqua Lite Beth 1005-104	Water Aerobics Sharon 1010-103	Aqua Lite Cheryl 1005-105		
10:30 am		Deep Water Run Beth 1008-113					
11:00 am	Deep Water Run Betty 1008-128			Deep Water Run Sharon 1008-116			
6:20 pm					Deep Water Run Shannon 1008-118		
7:20 pm	Deep Water Run Lisa 1008-111	Water Aerobics Cheryl 1010-101	Deep Water Run 1008-114	Water Aerobics Sylvie 1010-104			

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