

Summer 2025 Water Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

Olney Swim Center

16605 Georgia Ave. Olney, MD 20832

240-777-4995

	MONDAY 6/16 – 8/25 9 sessions No class 8/11, 8/18	TUESDAY 6/17 – 8/26 9 sessions No class 8/12, 8/19	WEDNESDAY 6/18 – 8/27 9 sessions No class 8/13, 8/20	THURSDAY 6/26 – 8/28 8 sessions No class 6/19, 8/14, 8/21	FRIDAY 6/20 – 8/29 8 sessions No class 7/4, 8/15, 8/22	SATURDAY 6/21 – 8/30 9 sessions No class 8/16 – 8/23	SUNDAY 6/15 – sessions No class
6:30 am			Deep Water Run Bethy 1008-524		Deep Water Run Bethy 1008-529		
8:30 am		Deep Water Run Beth 1008-522					
9:00 am	Water Exercise Cheryl 1011-501		Water Exercise Beth 1011-502	Deep Water Run Beth 1008-526	Water Exercise Cheryl 1011-508		
9:05 am						Deep Water Run Shannon 1008-531	Aqua Cardio Dance Michelle 1003-503
9:30 am		Water Aerobics Beth 1010-504					
10:00 am	Aqua Lite Cheryl 1005-503		Aqua Lite Beth 1005-504	Water Aerobics Sharon 1010-506	Aqua Lite Cheryl 1005-505		
10:30 am		Deep Water Run Beth 1008-523					
11:00 am	Deep Water Run Bethy 1008-520			Deep Water Run Sharon 1008-527			
6:20 pm					Deep Water Run Shannon 1008-535		
7:20 pm	Deep Water Run Lisa 1008-521	Water Aerobics Cheryl 1010-505	Deep Water Run Lisa 1008-525	Water Aerobics 1010-507			

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