

Winter 2026 Water Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

Olney Swim Center

16605 Georgia Ave. Olney, MD 20832

240-777-4995

	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 9/11 – 12/11 8 sessions	FRIDAY 9/12 - 12/12 8 sessions		SUNDAY 1/4- 2/22 7 sessions No class 2/15
6:30 am			Deep Water Run Betty 1008-219		Deep Water Run Betty 1008-220		
8:30 am		Deep Water Run Beth 1008-212					
9:00 am	Water Exercise Cheryl 1011-202		Water Exercise Beth 1011-203	Deep Water Run Beth 1008-215	Water Exercise Cheryl 1011-204		
9:05 am							Aqua Cardio Dance Michelle 1003-201
9:30 am		Water Aerobics Beth 1010-202					
10:00 am	Aqua Lite Cheryl 1005-203		Aqua Lite Beth 1005-204	Water Aerobics Sharon 1010-203	Aqua Lite Cheryl 1005-205		
10:30 am		Deep Water Run Beth 1008-213					
11:00 am	Deep Water Run Betty 1008-228			Deep Water Run Sharon 1008-216			
6:20 pm					Deep Water Run Shannon 1008-218		
7:20 pm	Deep Water Run Lisa 1008-211	Water Aerobics Cheryl 1010-201	Deep Water Run Becky 1008-214	Water Aerobics Sylvie 1010-204			

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