

H2O Fitness and More WATER FITNESS CLASSES

Spring Session (March 11 to June 5, 2025)

Registration Begins: Wednesday, Feb. 19 at 6:30 a.m. (in person and [online](#))

► H2O Fitness and More Classes at GISC

Location: Germantown Indoor Swim Center (GISC)

18000 Central Park Cir, Boyds, MD 20841 • (240) 777-6830

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Aqua Spin <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-313	03/11/2025 -06/03/2025*	8:00 am – 8:50 am	Tu	GISC	Kim
	R01006-314	03/13/2025 -06/05/2025**	8:00 am – 8:50 am	Th	GISC	Kim

* No Class Tuesday 4/15

** No Class Thursday 4/17

Questions? Email Teresa at
tsshelton100@yahoo.com

To see all H2O Fitness and More locations,
schedules, and class descriptions, scan the
QR code or visit h2ofitnessandmore.com

