

# H2O Fitness and More

# WATER FITNESS CLASSES

Spring Session (April 22 to May 22, 2025)

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

## ► H2O Fitness and More Classes at Wheaton-Glenmont Outdoor Pool

Location: **Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool**

12621 Dalewood Drive, Wheaton • 301-929-5460

Class Type	Activity #	Dates	Time	Day	Location	Instructor
<b>Abs &amp; Glutes &amp; More</b> <i>(Shallow Water)</i>	R01001-3001	04/22/2025 to 05/22/2025	5:30 pm - 6:20 pm	Tu & Th	Wheaton-Glenmont Outdoor Pool	Yicell
<b>Deep Water Running</b> <i>(Deep Water; Flotation Belt Required)</i>	R01008-3002	04/22/2025 to 05/22/2025	6:30 pm - 7:20 pm	Tu & Th	Wheaton-Glenmont Outdoor Pool	Yicell

Questions? Email Teresa at  
[tsshelton100@yahoo.com](mailto:tsshelton100@yahoo.com)

To see all H2O Fitness and More locations, schedules, and class descriptions, scan the QR code or visit [h2ofitnessandmore.com](http://h2ofitnessandmore.com)

