

H2O Fitness and More

WATER FITNESS CLASSES

Spring Session (March 8 to June 7, 2025)

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

► H2O Fitness and More Classes at MLK

Location: **Martin Luther King Jr Swim Center** • 1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Abs & Glutes & More <i>(Shallow Water)</i>	R01001-303	03/10/2025 -06/02/2025*	10:00 am -10:50 am	M	MLK	Mara
	R01001-304	03/19/2025 -06/04/2025*	10:00 am -10:50 am	W	MLK	Teresa
Aqua Cardio Dance <i>(Shallow Water)</i>	R01003-303	03/11/2025 -06/03/2025*	10:00 am -10:50 am	Tu	MLK	Sogbe
	R01003-304	03/13/2025 -06/05/2025*	10:00 am -10:50 am	Th	MLK	Wanda
Aqua Cardio Challenge <i>(Shallow Water)</i>	R01004-302	03/09/2025 -06/01/2025†	4:10 pm - 5:00 pm	Su	MLK	Yicell
	R01004-301	03/11/2025 -06/03/2025*	8:30 pm - 9:20 pm	Tu	MLK	Kath
	R01004-303	03/14/2025 -06/06/2025*	9:00 am - 9:50 am	F	MLK	Mara
Aqua Spin <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-306	03/13/2025 -06/05/2025*	11:00 am -11:50 am	Th	MLK	Wanda
	R01006-307	03/19/2025 -06/04/2025*	9:00 am - 9:50 am	W	MLK	Bev
	R01006-308	03/08/2025 -06/07/2025**	6:10 pm - 7:00 pm	Sa	MLK	Tyra
	R01006-309	03/14/2025 -06/06/2025*	7:30 am - 8:20 am	F	MLK	Paula
	R01006-310	03/14/2025 -06/06/2025*	7:30 pm - 8:20 pm	F	MLK	Tyra
	R01006-311	03/11/2025 -06/03/2025*	11:00 am -11:50 am	Tu	MLK	Sogbe
	R01006-312	03/13/2025 -06/05/2025*	8:30 pm - 9:20 pm	Th	MLK	Tyra
	R01006-315	03/11/2025 -06/03/2025*	7:30 am - 8:20 am	Tu	MLK	Bev
	R01006-316	03/08/2025 -06/07/2025**	8:10 am - 9:00 am	Sa	MLK	Tyra
Aqua YO-Lates <i>(Shallow Water)</i>	R01007-301	03/14/2025 -06/06/2025*	10:00 am -10:50 am	F	MLK	Sky
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-323	03/10/2025 -06/02/2025*	12:00 pm -12:50 pm	M	MLK	Teresa
	R01008-324	03/11/2025 -06/03/2025*	9:00 am - 9:50 am	Tu	MLK	Claire
	R01008-325	03/13/2025 -06/05/2025*	7:30 am - 8:20 am	Th	MLK	Claire
	R01008-326	03/13/2025 -06/05/2025*	7:30 pm - 8:20 pm	Th	MLK	Tyra
	R01008-327	03/11/2025 -06/03/2025*	7:30 pm - 8:20 pm	Tu	MLK	Kath
	R01008-328	03/14/2025 -06/06/2025*	11:00 am -11:50 am	F	MLK	Sky
	R01008-329	03/12/2025 -06/04/2025*	12:00 pm -12:50 pm	W	MLK	Yicell
	R01008-330	03/08/2025 -06/07/2025**	9:00 am - 9:50 am	Sa	MLK	Tyra
Water Exercise <i>(Shallow Water)</i>	R01011-308	03/10/2025 -06/02/2025*	9:00 am - 9:50 am	M	MLK	Nancy

*No Classes the Week of Sunday 4/13 through Saturday 4/19

**No Classes Saturday 4/19 and 5/24

†No Classes Sunday 4/13 and 5/25

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

