

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 SSRAC

Location: Silver Spring Recreation and Aquatic Center (SSRAC)

1315 Apple Avenue, Silver Spring, MD 20910 • (240) 777-6800

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Abs & Glutes & More <i>(Shallow Water)</i>	R01001-3500	03/13/2025 -06/05/2025*	11:00 am -11:50 am	Th	SSRAC	Teresa
Aqua Cardio Dance <i>(Shallow Water)</i>	R01003-3503	03/11/2025 -06/03/2025*	9:00 am - 9:50 am	Tu	SSRAC	Wanda
Aqua Fit <i>(Shallow Water)</i>	R01085-3501	03/14/2025 -06/06/2025*	11:00 am -11:50 am	F	SSRAC	Kath
	R01085-3502	03/10/2025 -06/02/2025*	1:00 pm - 1:50 pm	M	SSRAC	Yicell
	R01085-3503	03/12/2025 -06/04/2025*	1:00 pm - 1:50 pm	W	SSRAC	LaJuan
Aqua Lite <i>(Shallow Water)</i>	R01005-3503	03/13/2025 -06/05/2025*	8:00 am - 8:50 am	Th	SSRAC	Yicell
Aqua Spin <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-3500	03/10/2025 -06/02/2025*	7:30 pm - 8:20 pm	M	SSRAC	Tyra
	R01006-3501	03/11/2025 -06/03/2025*	12:30 pm - 1:20 pm	Tu	SSRAC	LaJuan
	R01006-3502	03/12/2025 -06/04/2025*	7:30 pm - 8:20 pm	W	SSRAC	Tyra
	R01006-3503	03/13/2025 -06/05/2025*	9:00 am - 9:50 am	Th	SSRAC	Yicell
	R01006-3504	03/13/2025 -06/05/2025*	12:30 pm - 1:20 pm	Th	SSRAC	Kath
	R01006-3505	03/14/2025 -06/06/2025*	12:30 pm - 1:20 pm	F	SSRAC	Kath
	R01006-3506	03/08/2025 -06/07/2025**	9:30 am -10:20 am	Sa	SSRAC	Bev
Aqua Yo-lates <i>(Shallow Water)</i>	R01007-3500	03/11/2025 -06/03/2025*	11:00 am -11:50 am	Tu	SSRAC	Wanda
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-3501	03/11/2025 -06/03/2025*	10:00 am -10:50 am	Tu	SSRAC	Wanda
	R01008-3503	03/13/2025 -06/05/2025*	10:00 am -10:50 am	Th	SSRAC	Teresa
	R01008-3504	03/14/2025 -06/06/2025*	9:00 am - 9:50 am	F	SSRAC	Kath
	R01008-3505	03/08/2025 -06/07/2025**	10:30 am -11:20 am	Sa	SSRAC	Bev
Hi/Lo Cardio Fusion <i>(Shallow Water)</i>	R01009-3500	03/14/2025 -06/06/2025*	10:00 am -10:50 am	F	SSRAC	Kath

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

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

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

