

H2O Fitness and More WATER FITNESS CLASSES

Summer Session (June 17–August 14, 2025)

Registration Begins: Tuesday, May 13 at 6:30 am (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>	R01006-517	06/17/2025 -08/12/2025	8:00 am–8:50 am	Tu	GISC	Kim
	R01006-518	06/26/2025 -08/14/2025	8:00 am–8:50 am	Th	GISC	Kim

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

