

H2O Fitness and More

WATER FITNESS CLASSES

2025 Summer Session | Registration Begins: Tuesday, May 13 at 6:30 am (in person and [online](#))

► MLK Outdoor Classes: June 15–August 16

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Abs & Glutes & More <i>(Shallow Water)</i>	R01001-505	6/16/2025 -8/11/2025	10:10 am -11:00 am	M	MLK Outdoor	Faye
	R01001-506	6/18/2025 -8/13/2025	10:10 am -11:00 am	W	MLK Outdoor	Yicell
Against the Current <i>(Aqua Shoes Required; Gloves Recommended)</i>	R01002-501	6/15/2025 -8/10/2025	10:00 am -10:50 am	Su	MLK Outdoor	Maria
	R01002-502	6/16/2025 -8/11/2025	9:00 am - 9:50 am	M	MLK Outdoor	Mara
	R01002-503	6/16/2025 -8/11/2025	8:10 pm - 9:00 pm	M	MLK Outdoor	Sky
	R01002-504	6/17/2025 -8/12/2025	9:00 am - 9:50 am	Tu	MLK Outdoor	Bev
	R01002-505	6/17/2025 -8/12/2025	8:10 pm - 9:00 pm	Tu	MLK Outdoor	Sky
	R01002-506	6/18/2025 -8/13/2025	9:00 am - 9:50 am	W	MLK Outdoor	Yicell
	R01002-507	6/18/2025 -8/13/2025	8:10 pm - 9:00 pm	W	MLK Outdoor	Maria
	R01002-508	6/26/2025 -8/14/2025	9:00 am - 9:50 am	Th	MLK Outdoor	Wanda
	R01002-509	6/26/2025 -8/14/2025	8:10 pm - 9:00 pm	Th	MLK Outdoor	Tyra
	R01002-510	6/21/2025 -8/16/2025	10:00 am -10:50 am	Sa	MLK Outdoor	Tyra
Aqua Cardio Challenge <i>(Shallow Water)</i>	R01004-504	6/20/2025 -8/15/2025*	9:00 am - 9:50 am	F	MLK Outdoor	Wanda
Aqua Cardio Dance <i>(Shallow Water)</i>	R01003-502	6/26/2025 -8/14/2025	10:00 am -10:50 am	Th	MLK Outdoor	Wanda
Aqua Fit <i>(Shallow Water)</i>	R01085-578	6/17/2025 -8/12/2025	10:00 am -10:50 am	Tu	MLK Outdoor	Kath
Aqua YO-Lates <i>(Shallow Water)</i>	R01007-501	6/17/2025 -8/26/2025*	10:00 am -10:50 am	F	MLK Outdoor	Wanda

► MLK Indoor Classes: June 16–August 30

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Aqua Cardio Challenge <i>(Shallow Water)</i>	R01004-503	6/18/2025 -8/27/2025 [†]	7:00 pm - 7:50 pm	W	MLK Indoor	Maria
Aqua Spin <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-508	6/16/2025 -8/25/2025 ^{**}	7:00 pm - 7:50 pm	M	MLK Indoor	Sky
	R01006-509	6/17/2025 -8/26/2025 ^{***}	7:30 am - 8:20 am	Tu	MLK Indoor	Bev
	R01006-510	6/17/2025 -8/26/2025 ^{***}	11:10 am -12:00 pm	Tu	MLK Indoor	Kath
	R01006-511	6/18/2025 -8/27/2025 [†]	9:00 am - 9:50 am	W	MLK Indoor	Bev
	R01006-512	6/26/2025 -8/28/2025 [^]	11:10 am -12:00 pm	Th	MLK Indoor	Wanda
	R01006-513	6/26/2025 -8/28/2025 [^]	7:00 pm - 7:50 pm	Th	MLK Indoor	Tyra
	R01006-514	6/20/2025 -8/29/2025 [†]	7:30 am - 8:20 am	F	MLK Indoor	Paula
	R01006-515	6/20/2025 -8/29/2025 [†]	7:00 pm - 7:50 pm	F	MLK Indoor	Tyra
	R01006-516	6/21/2025 -8/30/2025 [‡]	8:00 am - 8:50 am	Sa	MLK Indoor	Tyra
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-512	6/16/2025 -8/25/2025 ^{**}	12:00 pm -12:50 pm	M	MLK Indoor	Faye
	R01008-513	6/17/2025 -8/26/2025 ^{***}	9:00 am - 9:50 am	Tu	MLK Indoor	Claire
	R01008-514	6/17/2025 -8/26/2025 ^{***}	7:00 pm - 7:50 pm	Tu	MLK Indoor	Sky
	R01008-515	6/18/2025 -8/27/2025 [†]	12:00 pm -12:50 pm	W	MLK Indoor	Yicell
	R01008-516	6/26/2025 -8/28/2025 [^]	7:30 am - 8:20 am	Th	MLK Indoor	Claire
	R01008-518	6/20/2025 -8/29/2025 [†]	11:10 am -12:00 pm	F	MLK Indoor	Wanda
	R01008-519	6/21/2025 -8/30/2025 [‡]	9:00 am - 9:50 am	Sa	MLK Indoor	Tyra
Water Exercise <i>(Shallow Water)</i>	R01011-504	6/16/2025 -8/25/2025 ^{**}	9:00 am - 9:50 am	M	MLK Indoor	Nancy

* No Class on Friday 7/4

** No Classes on Monday 8/4 and 8/11

*** No Classes on Tuesday 8/5 and 8/12

† No Classes on Wednesday 8/6 and 8/13

^ No Classes on Thursday 8/7 and 8/14

‡ No Classes on Friday 7/4, 8/8, and 8/15

‡ No Classes on Saturday 8/9 and 8/16

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

Questions? Email Teresa at tsshelton100@yahoo.com

