

H2O Fitness and More

WATER FITNESS CLASSES

Summer Session (June 16–August 29, 2025)

Registration Begins: Tuesday, May 13 at 6:30 am (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>	R01001-5500	06/26/2025 -08/28/2025	11:00 am - 11:50 am	Th	SSRAC	Yicell
Aqua Fit <i>(Shallow Water)</i>	R01085-5501	06/20/2025 -08/29/2025*	11:00 am - 11:50 am	F	SSRAC	Kath
	R01085-5502	06/16/2025 -08/25/2025	1:00 pm - 1:50 pm	M	SSRAC	Yicell
	R01085-5503	06/18/2025 -08/27/2025	1:00 pm - 1:50 pm	W	SSRAC	Kath
Aqua Spin <i>(Cycling in Shallow Water; Water Shoes Recommended)</i>	R01006-5500	06/16/2025 -08/25/2025	7:30 pm - 8:20 pm	M	SSRAC	Tyra
	R01006-5501	06/17/2025 -08/26/2025	12:30 pm - 1:20 pm	Tu	SSRAC	Yicell
	R01006-5502	06/18/2025 -08/27/2025	7:30 pm - 8:20 pm	W	SSRAC	Tyra
	R01006-5503	06/26/2025 -08/28/2025	9:00 am - 9:50 am	Th	SSRAC	Yicell
	R01006-5505	06/20/2025 -08/29/2025*	12:30 pm - 1:20 pm	F	SSRAC	Kath
	R01006-5506	06/21/2025 -08/23/2025	9:10 am - 10:00 am	Sa	SSRAC	Bev
Aqua Yo-lates <i>(Shallow Water)</i>	R01007-5500	06/17/2025 -08/26/2025	11:00 am - 11:50 am	Tu	SSRAC	Wanda
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-5501	06/17/2025 -08/26/2025	10:00 am - 10:50 am	Tu	SSRAC	Wanda
	R01008-5503	06/26/2025 -08/28/2025	10:00 am - 10:50 am	Th	SSRAC	Yicell
	R01008-5504	06/20/2025 -08/29/2025*	9:00 am - 9:50 am	F	SSRAC	Kath
	R01008-5505	06/21/2025 -08/23/2025	10:10 am - 11:00 am	Sa	SSRAC	Bev
Hi/Lo Cardio Fusion <i>(Shallow Water)</i>	R01009-5500	06/20/2025 -08/29/2025*	10:00 am - 10:50 am	F	SSRAC	Kath
Water Exercise <i>(Shallow Water)</i>	R01011-5502	06/17/2025 -08/26/2025	9:00 am - 9:50 am	Tu	SSRAC	Wanda

*No Classes 7/4

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

