

H2O Fitness and More

WATER FITNESS CLASSES

Spring Session (March 17 to May 21, 2026)

Registration Begins: Wednesday, Feb. 18 at 6:30 a.m. (in person and [online](#))

► H2O Fitness and More Classes at Wheaton-Glenmont Outdoor Pool

Location: Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

12621 Dalewood Drive, Wheaton • 301-929-5460

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Abs & Glutes & More <i>(Shallow Water)</i>	R01001-3002	03/17/2026 to 05/19/2026*	11:20 am -12:10 pm	Tu	Wheaton-Glenmont Outdoor Pool	Teresa
	R01001-3003	03/19/2026 to 05/21/2026**	11:20 am -12:10 pm	Th	Wheaton-Glenmont Outdoor Pool	Teresa
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-3001	03/17/2026 to 05/19/2026*	10:20 am -11:10 am	Tu	Wheaton-Glenmont Outdoor Pool	Teresa
	R01008-3003	03/19/2026 to 05/21/2026**	10:20 am -11:10 am	Th	Wheaton-Glenmont Outdoor Pool	Teresa

* No Class Tuesday 3/31

** No Class Thursday 4/2

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

