

H2O Fitness and More

WATER FITNESS CLASSES

Spring Session (March 15 to June 6, 2026)

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

► H2O Fitness and More Classes at MLK

Location: **Martin Luther King Jr Swim Center** • 1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Abs & Glutes & More <i>(Shallow Water)</i>	R01001-303	03/16/2026 -06/01/2026*	10:00 am -10:50 am	M	MLK	Mara
	R01001-304	03/18/2026 -06/03/2026***	10:00 am -10:50 am	W	MLK	Teresa
Aqua Cardio Dance <i>(Shallow Water)</i>	R01003-304	03/19/2026 -06/04/2026†	10:00 am -10:50 am	Th	MLK	Wanda
Aqua Cardio Challenge <i>(Shallow Water)</i>	R01004-301	03/17/2026 -06/02/2026**	8:30 pm - 9:20 pm	Tu	MLK	Yicell
	R01004-302	03/15/2026 -05/31/2026§	4:00 pm - 4:50 pm	Su	MLK	Yicell
	R01004-303	03/20/2026 -06/05/2026‡	9:00 am - 9:50 am	F	MLK	Mara
Aqua Fit <i>(Shallow Water)</i>	R01085-378	03/17/2026 -06/02/2026**	10:00 am -10:50 am	Tu	MLK	Kath
Aqua Spin <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-306	03/19/2026 -06/04/2026†	11:00 am -11:50 am	Th	MLK	Wanda
	R01006-307	03/18/2026 -06/03/2026***	9:00 am - 9:50 am	W	MLK	Bev
	R01006-308	03/21/2026 -06/06/2026¶	5:10 pm - 6:00 pm	Sa	MLK	Tyra
	R01006-309	03/20/2026 -06/05/2026‡	7:30 am - 8:20 am	F	MLK	Paula
	R01006-310	03/20/2026 -06/05/2026‡	7:30 pm - 8:20 pm	F	MLK	Tyra
	R01006-311	03/17/2026 -06/02/2026**	11:00 am -11:50 am	Tu	MLK	Kath
	R01006-312	03/19/2026 -06/04/2026†	8:30 pm - 9:20 pm	Th	MLK	Tyra
	R01006-315	03/17/2026 -06/02/2026**	7:30 am - 8:20 am	Tu	MLK	Bev
	R01006-316	03/21/2026 -06/06/2026¶	8:10 am - 9:00 am	Sa	MLK	Tyra
Aqua YO-Lates <i>(Shallow Water)</i>	R01007-301	03/20/2026 -06/05/2026‡	10:00 am -10:50 am	F	MLK	Wanda
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-323	03/16/2026 -06/01/2026*	12:00 pm -12:50 pm	M	MLK	Teresa
	R01008-324	03/17/2026 -06/02/2026**	9:00 am - 9:50 am	Tu	MLK	Claire
	R01008-325	03/19/2026 -06/04/2026†	7:30 am - 8:20 am	Th	MLK	Claire
	R01008-326	03/19/2026 -06/04/2026†	7:30 pm - 8:20 pm	Th	MLK	Tyra
	R01008-327	03/17/2026 -06/02/2026**	7:30 pm - 8:20 pm	Tu	MLK	Yicell
	R01008-328	03/20/2026 -06/05/2026‡	11:00 am -11:50 am	F	MLK	Wanda
	R01008-329	03/18/2026 -06/03/2026***	12:00 pm -12:50 pm	W	MLK	Yicell
	R01008-330	03/21/2026 -06/06/2026¶	9:00 am - 9:50 am	Sa	MLK	Tyra
Water Exercise <i>(Shallow Water)</i>	R01011-308	03/16/2026 -06/01/2026*	9:00 am - 9:50 am	M	MLK	Nancy

§No Class Sunday 3/29, 4/5, and 5/24

*No Classes Monday 3/30, 4/6, and 5/25

**No Classes Tuesday 3/31

***No Classes Wednesday 4/1 and 5/27

†No Classes Thursday 4/2

‡No Classes Friday 4/3

¶No Classes Saturday 4/4 and 5/23

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

