

H2O Fitness and More

WATER FITNESS CLASSES

Spring Session (March 16 to June 6, 2026)

Registration Begins: Wednesday, Feb. 18 at 6:30 a.m. (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>	R01001-3500	03/19/2026 -06/04/2026 [†]	11:00 am -11:50 am	Th	SSRAC	Yicell
Aqua Fit <i>(Shallow Water)</i>	R01085-3501	03/20/2026 -06/05/2026 [‡]	11:00 am -11:50 am	F	SSRAC	Kath
	R01085-3502	03/16/2026 -06/01/2026 [*]	1:00 pm - 1:50 pm	M	SSRAC	Yicell
	R01085-3503	03/18/2026 -06/03/2026 ^{***}	1:00 pm - 1:50 pm	W	SSRAC	Kath
Aqua Spin <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-3500	03/16/2026 -06/01/2026 [*]	7:30 pm - 8:20 pm	M	SSRAC	Tyra
	R01006-3501	03/17/2026 -06/02/2026 ^{**}	12:30 pm - 1:20 pm	Tu	SSRAC	Yicell
	R01006-3502	03/18/2026 -06/03/2026 ^{***}	7:30 pm - 8:20 pm	W	SSRAC	Tyra
	R01006-3503	03/19/2026 -06/04/2026 [†]	9:00 am - 9:50 am	Th	SSRAC	Yicell
	R01006-3504	03/19/2026 -06/04/2026 [†]	12:30 pm - 1:20 pm	Th	SSRAC	Kath
	R01006-3505	03/20/2026 -06/05/2026 [‡]	12:30 pm - 1:20 pm	F	SSRAC	Kath
	R01006-3506	03/21/2026 -06/06/2026 [¶]	9:30 am -10:20 am	Sa	SSRAC	Bev
Aqua Yo-lates <i>(Shallow Water)</i>	R01007-3500	03/17/2026 -06/02/2026 ^{**}	11:00 am -11:50 am	Tu	SSRAC	Wanda
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-3501	03/17/2026 -06/02/2026 ^{**}	10:00 am -10:50 am	Tu	SSRAC	Wanda
	R01008-3503	03/19/2026 -06/04/2026 [†]	10:00 am -10:50 am	Th	SSRAC	Yicell
	R01008-3504	03/20/2026 -06/05/2026 [‡]	9:00 am - 9:50 am	F	SSRAC	Kath
	R01008-3505	03/21/2026 -06/06/2026 [¶]	10:30 am -11:20 am	Sa	SSRAC	Bev
Hi/Lo Cardio Fusion <i>(Shallow Water)</i>	R01009-3500	03/20/2026 -06/05/2026 [‡]	10:00 am -10:50 am	F	SSRAC	Kath
Water Exercise <i>(Shallow Water)</i>	R01011-3500	03/17/2026 -06/02/2026 ^{**}	9:00 am - 9:50 am	Tu	SSRAC	Wanda

[§]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

