

H2O Fitness and More WATER FITNESS CLASSES

Winter Session (January 6 to February 26, 2026)

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

► H2O Fitness and More Classes at GISC

Location: Germantown Indoor Swim Center (GISC)

18000 Central Park Cir, Boyds, MD 20841 • (240) 777-6830

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Aqua Spin <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-213	01/06/2026-02/24/2026	8:00 am - 8:50 am	Tu	GISC	Kim
	R01006-214	01/08/2026-02/26/2026	8:00 am - 8:50 am	Th	GISC	Kim

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

