

# H2O Fitness and More

# WATER FITNESS CLASSES

Winter Session (January 4 to February 27, 2026)

Registration Begins: Tuesday, Nov. 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
<b>Abs &amp; Glutes &amp; More</b> <i>(Shallow Water)</i>	R01001-201	01/07/2026 -02/25/2026	10:00 am -10:50 am	W	MLK	Teresa
	R01001-202	01/05/2026 -02/23/2026*	10:00 am -10:50 am	M	MLK	Mara
<b>Aqua Cardio Dance</b> <i>(Shallow Water)</i>	R01003-203	01/08/2026 -02/26/2026	10:00 am -10:50 am	Th	MLK	Wanda
<b>Aqua Cardio Challenge</b> <i>(Shallow Water)</i>	R01004-201	01/06/2026 -02/24/2026	8:30 pm - 9:20 pm	Tu	MLK	Yicell
	R01004-202	01/04/2026 -02/15/2026	4:10 pm - 5:00 pm	Su	MLK	Yicell
	R01004-203	01/09/2026 -02/27/2026	9:00 am - 9:50 am	F	MLK	Mara
<b>Aqua Fit</b> <i>(Shallow Water)</i>	R01085-278	01/06/2026 -02/24/2026	10:00 am -10:50 am	Tu	MLK	Kath
<b>Aqua Spin</b> <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-206	01/08/2026 -02/26/2026	11:00 am -11:50 am	Th	MLK	Wanda
	R01006-207	01/07/2026 -02/25/2026	9:00 am - 9:50 am	W	MLK	Bev
	R01006-209	01/09/2026 -02/27/2026	7:30 am - 8:20 am	F	MLK	Paula
	R01006-210	01/09/2026 -02/27/2026**	7:30 pm - 8:20 pm	F	MLK	Tyra
	R01006-211	01/06/2026 -02/24/2026	11:00 am -11:50 am	Tu	MLK	Kath
	R01006-212	01/08/2026 -02/26/2026	8:30 pm - 9:20 pm	Th	MLK	Tyra
	R01006-215	01/06/2026 -02/24/2026	7:30 am - 8:20 am	Tu	MLK	Bev
<b>Aqua YO-Lates</b> <i>(Shallow Water)</i>	R01007-201	01/09/2026 -02/27/2026	10:00 am -10:50 am	F	MLK	Wanda
<b>Deep Water Running</b> <i>(Deep Water; Flotation Belt Required)</i>	R01008-221	01/05/2026 -02/23/2026*	12:00 pm -12:50 pm	M	MLK	Teresa
	R01008-222	01/08/2026 -02/26/2026	7:30 am - 8:20 am	Th	MLK	Claire
	R01008-223	01/08/2026 -02/26/2026	7:30 pm - 8:20 pm	Th	MLK	Tyra
	R01008-224	01/06/2026 -02/24/2026	7:30 pm - 8:20 pm	Tu	MLK	Yicell
	R01008-225	01/09/2026 -02/27/2026	11:00 am -11:50 am	F	MLK	Wanda
	R01008-226	01/07/2026 -02/25/2026	12:00 pm -12:50 pm	W	MLK	Yicell
	R01008-231	01/06/2026 -02/24/2026	9:00 am - 9:50 am	Tu	MLK	Claire
<b>Water Exercise</b> <i>(Shallow Water)</i>	R01011-205	01/05/2026 -02/23/2026*	9:00 am - 9:50 am	M	MLK	Nancy

\*No Classes: Monday 01/19/26 and Monday 02/16/26

\*\*No Class: Friday 02/20/26

Questions? Email Teresa at  
[tsshelton100@yahoo.com](mailto:tsshelton100@yahoo.com)

To see all **H2O Fitness and More** locations,  
schedules, and class descriptions, scan the  
QR code or visit [h2ofitnessandmore.com](http://h2ofitnessandmore.com)

