

# H2O Fitness and More WATER FITNESS CLASSES

Winter Session (January 5 to February 28, 2026)

Registration Begins: Tuesday, Nov. 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
<b>Abs &amp; Glutes &amp; More</b> <i>(Shallow Water)</i>	R01001-2500	01/08/2026 -02/26/2026	11:00 am -11:50 am	Th	SSRAC	Yicell
<b>Aqua Fit</b> <i>(Shallow Water)</i>	R01085-2501	01/09/2026 -02/27/2026	11:00 am -11:50 am	F	SSRAC	Kath
	R01085-2502	01/05/2026 -02/23/2026*	1:00 pm - 1:50 pm	M	SSRAC	Yicell
	R01085-2503	01/07/2026 -02/25/2026	1:00 pm - 1:50 pm	W	SSRAC	Kath
<b>Aqua Spin</b> <i>(Cycling in Shallow Water; Aqua Shoes Required)</i>	R01006-2500	01/05/2026 -02/23/2026*	7:30 pm - 8:20 pm	M	SSRAC	Tyra
	R01006-2501	01/06/2026 -02/24/2026	12:30 pm - 1:20 pm	Tu	SSRAC	Yicell
	R01006-2502	01/07/2026 -02/25/2026	7:30 pm - 8:20 pm	W	SSRAC	Tyra
	R01006-2503	01/08/2026 -02/26/2026	9:00 am - 9:50 am	Th	SSRAC	Yicell
	R01006-2504	01/08/2026 -02/26/2026	12:30 pm - 1:20 pm	Th	SSRAC	TBD
	R01006-2505	01/09/2026 -02/27/2026	12:30 pm - 1:20 pm	F	SSRAC	Kath
	R01006-2506	01/10/2026 -02/28/2026	9:30 am - 10:20 am	Sa	SSRAC	Bev
<b>Aqua Yo-lates</b> <i>(Shallow Water)</i>	R01007-2500	01/06/2026 -02/24/2026	11:00 am -11:50 am	Tu	SSRAC	Wanda
<b>Deep Water Running</b> <i>(Deep Water; Flotation Belt Required)</i>	R01008-2501	01/06/2026 -02/24/2026	10:00 am -10:50 am	Tu	SSRAC	Wanda
	R01008-2503	01/08/2026 -02/26/2026	10:00 am -10:50 am	Th	SSRAC	Yicell
	R01008-2504	01/09/2026 -02/27/2026	9:00 am - 9:50 am	F	SSRAC	Kath
	R01008-2505	01/10/2026 -02/28/2026	10:30 am -11:20 am	Sa	SSRAC	Bev
<b>Hi/Lo Cardio Fusion</b> <i>(Shallow Water)</i>	R01009-2500	01/09/2026 -02/27/2026	10:00 am -10:50 am	F	SSRAC	Kath
<b>Water Exercise</b> <i>(Shallow Water)</i>	R01011-2502	01/06/2026 -02/24/2026	9:00 am - 9:50 am	Tu	SSRAC	Wanda

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

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)

