



Summer, 2017 Schedule of Classes

Visit www.wetyetwaterfitness.com for individual registration forms

Aquatic and Land based Fitness Classes

Aqua Bootcamp

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Gaithersburg Water Park 506 S. Frederick Ave., Gaithersburg	10:00 – 10:45am	Sunday June 18 – August 6	Deb

THE FOLLOWING POOLS REQUIRE RESIDENCY OR MEMBERSHIP TO PARTICIPATE:

Lakewood Country Club 13901 Glen Mill Rd., Rockville	7:00 – 7:45pm	Wed June 21 – August 16	Charo MEMBERSHIP REQUIRED
Woodmont Country Club 1201 Rockville Pike, Bethesda, MD 20852	9:30 – 10:415am	Fri June 23 – August 25	Brigit MEMBERSHIP REQUIRED

AQUA Hiits (High Intensity Interval Training)

Rockville Swim Center 355 Martins Lane, Rockville	8:30 – 9:15am	Fridays June 23 - -Aug 11	TBA
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Aqua Zumba

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Gaithersburg Water Park 506 S. Frederick Ave., Gaithersburg	7:15 – 8:00pm	Monday June 19 – August 7	Allison
Gaithersburg Water Park Above	7:15 – 8:00pm	Wednesday June 21 – August 9	Tania
Rockville Swim Center 355 Martins Lane, Rockville	9:15 – 10:00am	Friday June 23 – Aug 11	Allison / Joanna

THE FOLLOWING HIGHLIGHTED POOL REQUIRES RESIDENCY OR MEMBERSHIP TO PARTICIPATE:

Congressional Country Club 8500 River Road, Bethesda	9:15 – 10:00am	Monday Ongoing through Aug. 14	Tania MEMBERSHIP REQUIRED
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Deep Water Running & Conditioning

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Rockville Swim Center 355 Martins Lane, Rockville	10:10 – 10:55am	Tues / Thurs June 20 – August 10	Nancy /Tom
Stedwick Community Pool 10401 Stedwick Rd., Montgomery Village, MD	6:30 – 7:15pm	Tuesday May 23 – June 13	Bill

Deep Water Workout

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Montgomery Village North Creek Pool 20125 Arrowhead Rd., Montgomery Village	7:00 – 7:45pm	Mon / Thurs June 19 – August 10	Tania / Marcy

Deep Water Workout continued

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Quince Orchard Swim & Tennis Club 16601 Roundabout Dr., Gaithersburg	7:00 – 7:45pm	Tues / Thurs June 20 – August 10	Patty / Tania
Quince Orchard Swim & Tennis Club Above	10:00 – 10:45am	Sunday June 18 – August 13	Rotating

THE FOLLOWING HIGHLIGHTED POOLS REQUIRE RESIDENCY OR MEMBERSHIP TO PARTICIPATE:

Congressional Country Club 8500 River Road, Bethesda	10:40 – 11:30am	Wed Ongoing through Aug. 16	Charo MEMBERSHIP REQUIRED
Town of Somerset 5545 Warwick Pl., Chevy Chase	10:30 – 11:20am	Mon / Wed / Fri June 19 – August 26	Shelley / Tania RESIDENCY REQUIRED

Shallow (chest-deep) Water Workout

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Asbury Methodist Village 409 Russell Ave., Gaithersburg	9:30 – 10:15am	Mon / Wed / Fri Classes are ongoing	Joan / Darrell / Joyce
Asbury Methodist Village Above	11:00 – 11:45am	Mon/Wed/Fri Classes are ongoing	Joan / Darrell / Charo
Diamond Farm Pool 1203 Quince Orchard Blvd.	8:15 – 9:00pm	Thursday June 22 – Aug 3	Marc
Gaithersburg Water Park Above	7:15 – 8:00pm	Saturday June 17 – August 12	Tania
Rockville Swim Center 355 Martins Lane, Rockville	8:30 – 9:15am	Mon / Wed June 19 – Aug 9	Jasmine
Rockville Swim Center Above	8:30 – 9:15am	Tues / Thurs June 20 – Aug 10	Nancy / Betsy
Rockville Swim Center Above	9:15 – 10:00am	Mon / Wed June 19 – Aug 9	Jasmine
Rockville Swim Center	9:15 – 10:00am	Tues / Thurs June 20 – Aug 10	Nancy / Betsy Above

THE FOLLOWING POOLS REQUIRE RESIDENCY OR MEMBERSHIP TO PARTICIPATE:

4620 N. Park Ave. 4620 N. Park Ave., Chevy Chase	10:00 – 11:00am	Tues / Thurs June 14 – August 25	Nora RESIDENCY REQUIRED
ACAC (formerly Healthtrax Fitness) 20500 Seneca Meadows Pkwy., Germantown	9:30 – 10:30am	Monday Classes are ongoing	Nancy MEMBERSHIP REQUIRED
Avenel Swim & Tennis Club, Potomac, MD	7:00 – 7:45pm	Monday June 5 – July 3 and July 10 – Aug 7	Shelley MEMBERSHIP REQUIRED
Avenel Swim & Tennis Club, Potomac, MD	9:30 – 10:15am	Tuesday June 6 – June 27 and July 11 – Aug 8	Joanna MEMBERSHIP REQUIRED

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Shallow (chest-deep) Water Workout Continued

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Columbia Country Club 7900 Connecticut Ave., Chevy Chase	9:15 – 10:00am	Mon / Wed / Fri Classes are ongoing through 8/17	Shelley / Julie / Kim MEMBERSHIP REQUIRED
Ingleside Senior Living 701 King Farm Blvd., Rockville	8:30 - -9:15am	Mon / Wed Classes are ongoing	Charo RESIDENCY REQUIRED
Ingleside Senior Living Above	9:00 – 9:45am	Saturday Classes are ongoing	TBA RESIDENCY REQUIRED
(The) Kenwood Condos 5101 River Road, Bethesda	7:00 – 7:45pm	Mon / Wed June 19 – August 23	Adriene / Shelley RESIDENCY REQUIRED
(The) Kenwood Condos Above	11:00 – 11:45am	Saturday June 24 – August 25	Rotating RESIDENCY REQUIRED
Kentlands Clubhouse Pool 485 Tschiffeley Square Rd, Gaithersburg	9:45 – 10:30am	Tues / Thurs June 20 – August 10	Joyce / Nancy RESIDENCY REQUIRED
Lakewood Country Club 13901 Glen Mill Rd., Rockville	9:30 – 10:15am	Tues June 20 – August 15	Betsy MEMBERSHIP REQUIRED
Mill Creek Towne Pool 7285 Mill Run Drive, Derwood	8:15 – 9:00pm	Tuesday 6/21 – 8/9	Tara MEMBERSHIP REQUIRED
Woodmont Country Club 1201 Rockville Pike, Bethesda	9:30 – 10:15am	Wed June 21 – August 23	Betsy MEMBERSHIP REQUIRED
Villages of Urbana Pool 9023 Harris Street, Frederick, MD 21704	7:00 – 7:45pm	Tuesdays June 20 – August 8	Kim RESIDENCY REQUIRED

Core Strength (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Bohrer Park Activity Center 506 S. Frederick Ave., Gaithersburg	6:20 – 7:05pm	Mon / Wed June 26 – August 16	Nancy

Step Aerobics (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Bohrer Park Activity Center 506 S. Frederick Ave., Gaithersburg	7:15 – 8:00pm	Mon / Wed June 26 – August 16	Nancy

THE FOLLOWING HIGHLIGHTED LOCATION REQUIRES MEMBERSHIP TO PARTICIPATE:

ACAC (formerly Healthtrax Fitness) Classes are ongoing	9:30 – 10:30am MEMBERSHIP REQUIRED	Wed Seneca Meadows Pkwy., Germantown	Nancy
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Light & Easy Aerobic Exercise (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Asbury Methodist Village Hefner Building #417 Russell Ave., Gaithersburg	10:00 – 10:45am	Friday Classes are ongoing	Nancy

Total Body Tune-Up (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
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THE FOLLOWING HIGHLIGHTED LOCATIONS REQUIRE RESIDENCY TO PARTICIPATE:

Kentlands Manor Booth Street, Gaithersburg	10:30 – 11:15am	Mon / Fri Classes are ongoing	Charo / Marcy RESIDENCY REQUIRED
Ingleside Senior Living 701 King Farm Blvd., Rockville	10:00 – 10:45am	Wednesday Classes are ongoing	Marcy RESIDENCY REQUIRED
Ingleside Senior Living Above	9:00 – 9:30am	Friday Classes are ongoing	Nancy RESIDENCY REQUIRED

Balance for Seniors (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
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THE FOLLOWING HIGHLIGHTED LOCATION REQUIRES RESIDENCY TO PARTICIPATE:

Kentlands Manor Booth Street, Gaithersburg	1:30 – 2:15pm	Tuesday Classes are ongoing	Marcy RESIDENCY REQUIRED
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Meditation, Intro to (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
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Montgomery Village North Creek Com Ctr 20125 Arrowhead Rd., Montgomery Village	6:15 – 7:45pm	Thurs June 22 – August 10	Marcy
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Line Dancing for Seniors (Land class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
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THE FOLLOWING HIGHLIGHTED LOCATION REQUIRE RESIDENCY TO PARTICIPATE:

Ingleside Senior Living 701 King Farm Blvd., Rockville	7:30 – 8:15pm	3rd Monday Classes are ongoing	Kristine RESIDENCY REQUIRED
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Seniors in Action / Seated Tai Chi (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
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Stedwick Community Center 10401 Stedwick Rd., Montgomery Village, MD	9:30 – 10:15am	Friday June 9– August 18	Marcy
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Have a safe and happy SUMMER!

