



Fall, 2024 Schedule of Classes

Visit www.wetyetwaterfitness.com for individual registration forms



Aquatic and Land based Fitness Classes

Check out our ZOOM classes at the bottom of the schedule!

AQUA CLASSES:

Aqua Bootcamp

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Gaithersburg Aquatic Ctr. 2 Teachers Way, Gaithersburg	10:00 – 10:45am	Sunday Sept 15 – Dec 8	Dawn

Deep Water Running & Conditioning (held in 5.5 ft depth)

<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 Sept 3 – Dec 19	Nancy / Cathy

Deep Water Workout

Rockville Swim Ctr. “Aqua Blast” 355 Martins Lane, Rockville	6:35 – 7:20am	Tues /Thurs Sept 3 – Dec 19	Bill
Gaithersburg Aquatic Ctr. 2 Teachers Way, Gaithersburg	7:30 – 8:15pm	Tues/Thurs Sept 10 – Dec 11	Lana / Ryan
	10:00 – 10:45am	Saturday Sept 14 – Nov 16	Shinta

Shallow (chest-deep) Water Workout

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Gaithersburg Aquatic Ctr. 2 Teachers Way, Gaithersburg	6:40 – 7:25pm	Tues/Thurs Sept 10 – Dec 11	Lana / Ryan
Asbury Methodist Village “Pace Yourself” Rosborough Wellness Ctr Russell Ave., Gaithersburg	9:30 – 10:15am	Monday / Friday Classes are ongoing	Leslie
Asbury Methodist Village “Aqua Challenge” Above	11:00 – 11:45am	Wednesday / Friday Classes are ongoing	Lissette / Ruth
Rockville Swim Center 355 Martins Lane, Rockville	8:30 – 9:15am	Mon / Wed / Fri Sept 9 (M), Sept 4 (W), Sept 6 (F)	Lissette (M’s) / Leslie (W’s) / Kim (F’s)



Shallow (chest-deep) Water Workout Continued

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Rockville Swim Center "Aqua Fit" Above	8:30 – 9:15am	Tues / Thurs Sept 3 – Dec 19	Nancy / Kraig
Rockville Swim Center "Aqua Fit" Above	9:20 – 10:05am	Mon / Wed / Fri Sept 9 (M), Sept 4 (W), Sept 6 (F)	Lissette (M's) / Cathy (W's) / Kim (F's)
Rockville Swim Center "Aqua Fit" Above	9:20– 10:05am	Tues / Thurs Sept 3 – Dec 19	Nancy / Kraig

THE FOLLOWING POOL REQUIRES RESIDENCY OR MEMBERSHIP TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Onelife Fitness 20500 Seneca Meadows Pkwy., Germantown	9:30 – 10:30am	Monday	Dave
	12:00 – 12:45pm	Wednesday Classes are ongoing	Nancy MEMBERSHIP REQUIRED
Ingleside Senior Living 701 King Farm Blvd., Rockville	10:30 – 11:15am	Mon/Wed/ Fri Classes are ongoing	Lana RESIDENCY REQUIRED
Villages of Rockville 9701 Viers Drive, Rockville	10:30 – 11:15am	Tuesday Classes are ongoing	Leslie (both days) RESIDENCY REQUIRED
	10:00 – 10:45am	Thursday Classes are ongoing	

LAND CLASSES:

Balance (LAND class)

THE FOLLOWING HIGHLIGHTED LOCATIONS REQUIRE RESIDENCY TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Kentlands Manor 217 Booth Street, Gaithersburg	9:15 – 10:00am	Monday Classes are ongoing	Jessica RESIDENCY REQUIRED

Bootcamp (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Bohrer Park Activity Ctr. 506 S Frederick Ave Gaithersburg	8:30 – 9:15am	Sunday Sept 15 – Nov 3	Dawn

Cardio and Core (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Bohrer Park Activity Center 506 S Frederick Ave Gaithersburg	6:15 – 7:00pm	Mon / Wed Sept 11 (W) and Sept 9 (M) – Dec 18	Nancy



LAND CLASSES (cont.):

Dance to the Music (LAND class)

THE FOLLOWING HIGHLIGHTED LOCATION REQUIRES MEMBERSHIP TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Ingleside Senior Living 701 King Farm Blvd., Rockville	3:00 – 3:45pm	Tuesday Classes are ongoing	Charo RESIDENCY REQUIRE

Gentle Fitness (LAND class)

THE FOLLOWING HIGHLIGHTED LOCATION REQUIRES MEMBERSHIP TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Ingleside Senior Living	10:30 – 11:00am	Mon/*Wed/ Fri	Jessica
Life Enrichment Unit 701 King Farm Blvd., Rockville	11:15 – 11:45am	*Wed's 11:15am only Classes are ongoing	RESIDENCY REQUIRED

Light & Easy Aerobic Exercise (LAND class)

NO RESIDENCY OR MEMBERSHIP REQUIRED TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Asbury Methodist Village Above	10:30 – 11:15am	Wednesday Classes are ongoing	Nancy

LOW IMPACT CARDIO

THE FOLLOWING HIGHLIGHTED LOCATION REQUIRES MEMBERSHIP TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Kentlands Manor 217 Booth Street, Gaithersburg	9:15 – 10:00am	Friday Classes are ongoing	Jessica RESIDENCY REQUIRED

Seated Yoga (LAND class)

THE FOLLOWING HIGHLIGHTED LOCATION REQUIRES MEMBERSHIP TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Ingleside Senior Living 701 King Farm Blvd., Rockville	11:15am – 12:00pm	Saturday Classes are ongoing	Sandy RESIDENCY REQUIRED

Seated Tai Chi (LAND class)

THE FOLLOWING HIGHLIGHTED LOCATION REQUIRES MEMBERSHIP TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Ingleside Senior Living 701 King Farm Blvd., Rockville	2:00 - 2:45pm	Thursday Classes are ongoing	Charo RESIDENCY REQUIRED

Strength and Stability (LAND class)

THE FOLLOWING HIGHLIGHTED LOCATIONS REQUIRE RESIDENCY TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Kentlands Manor 217 Booth Street, Gaithersburg	9:15 – 10:00am	Wednesday Classes are ongoing	Jessica RESIDENCY REQUIRED

Virtual classes on next page

CONTINUED

Virtual classes

ZOOM CLASSES:

SEATED / STANDING TOTAL BODY

LOCATION

Your home

TIME

12:00 – 12:45pm

DAYS

Tues / Thurs
Sept 10 – Dec 12

INSTRUCTOR

Nancy

GENTLE YOGA

LOCATION

Your home

TIME

10:00 – 10:45am

DAYS

Monday
Sept 9 – Dec 16

INSTRUCTOR

Linda

***Some testimonials about our ZOOM classes:**

“As always, your classes give me such an overall workout. I feel like I get cardio, strength, stretching & great specific instructions.”

“Because of you, I’m in better physical condition at 80ish than I was in my 40’s when I began to exercise!”

“Thank you also for your positive, upbeat personality, introducing me to new songs & your joy of singing along as you exercise!”

"I love the exercise, the camaraderie and the fun!"

"I LOVE this Zoom class! It's a terrific workout and I love how you describe in depth what body part we are working on. I hope these classes continue for a long time."

“I had a wonderful time on vacation but the whole time I felt like something was missing. Then I realized... it was my Zoom class! So glad to be back.”

NEED MORE INFORMATION?

[Email info@wetyetwaterfitness.com](mailto:info@wetyetwaterfitness.com)

We hope to see you!