



Spring, 2025 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 Center 2 Teachers Way, Gaithersburg	10:00 – 10:45am	Sunday 4/27 – 6/8 (no class 5/18)	Rotating

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

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Rockville Swim Ctr 355 Martins Lane, Rockville	10:10– 10:55am	Tues / Thurs 4/22 – 6/12	Nancy / Cathy

Deep Water Workout

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Rockville Swim Ctr “Aqua Blast” 355 Martins Lane, Rockville	6:35 – 7:20am	Tues /Thurs 4/22 – 6/12	Bill
Gaithersburg Aquatic Center 2 Teachers Way, Gaithersburg	7:30 – 8:15pm. 10:00 – 10:45am	Tues/Thurs 4/22 – 6/12 Saturday 4/5 – 6/7 (no class 4/19 and 5/17)	Lana / Ryan Shinta

Shallow (chest-deep) Water Workout

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Gaithersburg Aquatic Center 2 Teachers Way, Gaithersburg	6:40 – 7:25pm	Tues/Thurs 4/22 – 6/12	Lana / Ryan

CONTINUED

Shallow (chest-deep) Water Workout Continued

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Rockville Swim. Center 355 Martins Lane, Rockville	8:30 – 9:15am	Mon / Wed / Fri Apr 21 (M), Apr 23 (W), Apr 25 (F)	Lissette (M's) / Leslie (W's) / Kraig (F's)
Rockville Swim Ctr "Aqua Fit" 355 Martins Lane, Rockville	8:30 – 9:15am	Tues / Thurs 4/22 – 6/12	Leslie / Kraig
Rockville Swim Ctr "Aqua Fit" 355 Martins Lane, Rockville	9:20 – 10:05am	Mon / Wed / Fri Apr 21 (M), Apr 23 (W), Apr 25 (F)	Lissette (M's)/Cathy (W's) / Kraig (F's)
Rockville Swim Ctr "Aqua Fit" 355 Martins Lane, Rockville	9:20– 10:05am	Tues / Thurs 4/22 – 6/12	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 12:00 – 12:45pm	Monday Wednesday Classes are ongoing	Dave Nancy MEMBERSHIP REQUIRED

LAND CLASSES:

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 Apr 14 – June 18	Nancy

Virtual classes continued on next page





Virtual (ZOOM) CLASSES:

STANDING / SEATED TOTAL BODY CONDITIONING



LOCATION

Your home

TIME

12:00 – 12:45pm

DAYS

Tues / Thurs
April 8 – June 5

INSTRUCTOR

Nancy



***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!