



Summer, 2025 Schedule of Classes

Visit www.wetyetwaterfitness.com for individual registration forms

Aquatic and Land based Fitness Classes

AQUA CLASSES:

SHALLOW (chest-deep) WATER WORKOUT Continued

THE FOLLOWING POOL REQUIRES RESIDENCY OR MEMBERSHIP TO PARTICIPATE:

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Kentlands Tschifelley Square Rd, Gaith	9:45 – 10:30am	Tues/ Thursday 6/24 – 8/12	Cathy / Nancy RESIDENCY REQUIRED

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	12:00 – 12:45pm	Wed ONGOING	Nancy

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 6/24 – 8/12	Nancy

LAND CLASSES:

CARDIO and CORE (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Bohrer Park Activity Ctr 506 S. Frederick Ave, Gaithersburg	6:15 – 7:00pm	Monday / Wednesday 6/30 – 8/13	Nancy

TOTAL BODY CONDITIONING (LAND class)

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Onelife Fitness 20500 Seneca Meadows Pkwy., Germantown	9:00 – 9:50AM	Wed ONGOING	Nancy

ZOOM (virtual) CLASSES

SEATED / STANDING TOTAL BODY

<u>LOCATION</u>	<u>TIME</u>	<u>DAYS</u>	<u>INSTRUCTOR</u>
Your home	12:00pm	Tues / Thurs 6/17 – 8/14	Nancy

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

ZOOM TESTIMONIALS

“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."

[NEED MORE INFORMATION?](#)

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

We hope to see you!