

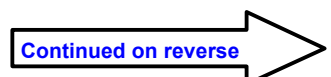


# Winter, 2012

For information on specific classes phone: (301) 990-1846

Updated: Dec. 5, 11  
INSTRUCTOR

<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>
<b><u>AQUA BLAST</u></b>			
<b>Tues / Thurs</b> 1/3 – 4/19	<b>6:35 – 7:20am</b>	<b>Rockville Swim Center</b> 355 Martins Lane, Rockville, 20850	<b>TBA</b>
<b><u>AQUA BOOT CAMP</u></b>			
<b>Sunday</b> 1/22 – 3/8	<b>10:00 – 10:45am</b>	<b>Asbury Methodist Village</b> 409 Rosborough Wellness Center Pool	<b>Deb</b>
<b>Thursday</b> 1/12 – 3/22	<b>5:30 – 6:15pm</b>	<b>Asbury Methodist Village</b> Above	<b>Deb</b>
<b><u>AQUA BALANCE</u></b>			
<b>Tues</b> Ongoing	<b>10:30 – 11:15am</b>	<b>Ingleside at King Farm</b> 701 King Farm Blvd., Rockville	<b>Marcy</b>
<b><u>CHAIR FITNESS</u></b>			
<b>Mon / Fri</b> Ongoing	<b>10:45 – 11:30am</b>	<b>Kentlands Manor Apartments</b> at the Kentlands 217 and 221 Booth St., Gaithersburg	<b>Marcia/Marcy</b>
<b><u>DEEP WATER WORKOUT</u></b>			
<b>Sunday</b> 1/22 – 3/18	<b>10:00 – 10:45am</b>	<b>Quince Orchard Swim &amp; Tennis Club</b> 16601 Roundabout Dr., Gaithersburg	<b>Patty</b>
<b>Mon / Wed</b> 1/18 – 3/21	<b>10:45 – 11:30am</b>	<b>Quince Orchard Swim &amp; Tennis Club</b> Above	<b>Sharon</b>
<b>Mon / Wed</b> 1/18 – 3/21	<b>6:30 – 7:15pm</b>	<b>Quince Orchard Swim &amp; Tennis Club</b> Above	<b>Patty/Marcy</b>
<b>Tues / Thurs</b> 1/17 – 3/22	<b>11:30am – 12:15pm</b>	<b>Quince Orchard Swim &amp; Tennis Club</b> Above	<b>Beth</b>
<b>Tues / Thurs</b> 1/17 – 3/22	<b>7:00 – 7:45pm</b>	<b>Quince Orchard Swim &amp; Tennis Club</b> Above	<b>TBA</b>
<b>Mon / Wed / Fri</b> Ongoing	<b>10:40 – 11:30am</b>	<b>Congressional Country Club</b> 8500 River Rd., Bethesda	<b>Beth/Marcy</b>
<b><u>DEEP WATER RUNNING &amp; CONDITIONING</u></b>			
<b>Mon / Wed</b> 1/18 – 3/21	<b>7:30 – 8:15pm</b>	<b>Quince Orchard Swim &amp; Tennis Club</b> Above	<b>Patty/Marcy</b>
<b>Tues / Thurs</b> 1/17 – 3/22	<b>10:10 – 10:55am</b>	<b>Rockville Swim Center</b> Above	<b>Nancy</b>
<b><u>AQUA ZUMBA</u></b>			
<b>Friday</b> 1/6 – 4/20	<b>9:15 – 10:00am</b>	<b>Rockville Swim Center</b> Above	<b>TBA</b>
<b><u>AQUA POWER</u> <b>New class!</b></b>			
<b>Mon / Wed</b> 1/2 - 4/18	<b>9:15 – 10:00am</b>	<b>Rockville Swim Center</b> Above	<b>Emily / Tracy</b>
<b>Tues / Thurs</b> TBA	<b>12:15 – 1:00pm</b>	<b>Bethesda Naval Hospital</b> Wisconsin Ave., Bethesda	<b>Nancy</b>



## PACE YOURSELF AQUATIC FITNESS

**Mon / Wed/ Fri** 9:30 – 10:15am **Asbury Methodist Village** Sharon / Marcy  
Ongoing 409 Rosborough Wellness Center

## SHALLOW (Chest-Deep) WATER WORKOUT

**Mon/Wed** 8:30 – 9:15am **Ingleside at King Farm** Marcia  
Ongoing 701 King Farm Blvd., Rockville Marcia

**Mon / Wed / Fri** 8:30 – 9:15am **Rockville Swim Center** Charo / Julie C. / Tracy  
1/2 – 4/20 355 Martins Lane, Rockville

**Mon / Wed** 9:30 – 10:15am **Healthtrax/Suburban Wellness Ctr.** Nancy  
Ongoing Seneca Meadows Pkwy., Germantown

**Mon / Wed** 9:45 – 10:30am **Quince Orchard Swim & Tennis Club** Marcy / Sherry  
1/18 – 3/21 Above

**Mon / Tues /** 11:00 – 11:45am **Asbury Methodist Village** Nancy / Amy Bloom  
**Wed / Fri** Ongoing 409 Rosborough Wellness Center

**Tues / Thurs** 8:30 – 9:15am **Rockville Swim Center** Nancy  
1/3 – 4/19 Above

**Tues / Thurs** 9:15 – 10:00am **Rockville Swim Center** Nancy  
1/3 – 4/19 Above

**Tues / Thurs** 9:30 – 10:15am **Quince Orchard Swim & Tennis Club** TBA  
1/17 – 3/22 Above

**Tues / Thurs** 9:30 – 10:15am **Columbia Country Club** Julie B. / Tracy  
Ongoing Connecticut Ave., Chevy Chase

**Saturday** 8:30 – 9:15am **Ingleside at King Farm** Charo  
Ongoing 9:30 – 10:15am 701 King Farm Blvd., Rockville Charo

## SHALLOW WATER WALKING

**Tues / Thurs** 10:30 – 11:15am **Quince Orchard Swim & Tennis Club** Charo / Mary Ann  
1/17– 3/22 Above

## LIGHT & EASY DANCE / EXERCISE CLASS (Land class)

**Friday** 10:00 – 10:45am **Asbury Methodist Village** Nancy  
Ongoing Hefner Building #417, Russell Ave, Gaithersburg

## STANDING and SEATED PILATES(Land class)

**Wed** 12:30 – 1:30pm **Asbury Methodist Village** Nancy  
Ongoing Hefner Building #417

## STEP AEROBICS (Land class)

**Mon / Wed** 5:30 – 6:30pm **Activity Ctr. at Bohrer Park** Nancy  
1/18 – 3/21 506 S. Frederick Ave., Gaithersburg 20877

**Mon / Wed** 7:15 – 8:15pm **Lakelands Middle School** Nancy  
1/18 – 3/21 1200 Main Street, Gaithersburg

## GROUP GLEE (Land class) **New class!**

**Thursday** 5:45 – 6:30pm **Gaithersburg Upcounty Senior Center** Denise  
1/19 – 3/8 80-A Bureau Drive., Gaithersburg

*Many classes are available to be used as make-ups for missed classes but please phone ahead (number on front page) to confirm that the class you wish to attend as a make-up is actually running as scheduled or is located at a facility that allows non-members to participate. Thank you!*

*Senior citizens who are residents of the City of Gaithersburg may be entitled to a discount on some of the fitness classes. Please phone (301) 990-1846 for more details.*