



FITNESS & THERAPEUTIC AEROBICS

For Information:

StMarysWellnessCenter@stmaryscountymd.gov

301-475-4200 ext. 1821

Choose Your Class



Join us for aquatics fitness classes. Some classes will require a separate registration



Therapeutic Aquatics classes are designed for individuals with special care due to injury or disability



Individual instruction and class lessons provide important life skills

Membership

A variety of options await you! Please visit our online registration page for passes and memberships.



www.stmaryscountymd.gov/recreate/wellnesscenter

Our Services

- ✓ Aqua Aerobics Classes
- ✓ Therapeutic Instruction
- ✓ Individual Instruction
- ✓ Swim Lesson Classes