



North Clackamas Aquatic Park

H2O fitness descriptions

H₂O Fitness is a water exercise program designed to enhance your health and wellness. We pride ourselves in offering a safe, efficient, unique, fun and refreshing fitness program.

Fee: resident, \$4; non-resident, \$5
or punch card (18 classes):
resident, \$63; non-resident, \$81

H₂O SMILE

H₂O SMILE is a sensible and structured workout for those just beginning or who have conditions that need exercise modifications. This is a mild and gentle routine based on slow movement and a focus on stretching with a prudent dose of physical activity.

Deep H₂O

Deep H₂O is taught in a 13-foot deep pool where you'll use buoyancy equipment to enhance flotation of the body. This exercise routine allows the non-weight bearing property of water to reduce harmful stress on the body while enhancing flexibility and range of motion.

H₂O Fit

H₂O Fit is a shallow water class designed for any fitness level. The accommodating resistance of water allows improvement at your own pace. This low impact workout comfortably tones and strengthens muscles while developing coordination.

H₂O Gym

H₂O Gym is a basic strength training class. This program is designed to reduce body fat, improve muscle mass, increase endurance and promote positive responses in metabolic rate and bone mineral density.

503-794-8080

www.pdxsurf.com