

H2O Fitness Schedule: August 2023

Mon	Tue	Wed	Thu	Fri	Sat
	August 1 6:05pm Deep H2O Terry	August 2 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Carol	August 3	August 4 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen	August 5 8:35am Deep H2O: Deborah
August 7 8:05am H2O Fit: Terry 6:05pm H2O Fit: Carol	August 8 6:05pm Deep H2O Terry	August 9 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Carol	August 10	August 11 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen	August 12 8:35am Deep H2O: Karen
August 14 8:05am H2O Fit: Terry 6:05pm H2O Fit: Kim	August 15 6:05pm Deep H2O Terry	August 16 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Kim	August 17	August 18 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen	August 19 8:35am Deep H2O: Deborah
August 21 8:05am H2O Fit: Terry 6:05pm H2O Fit: Kim	August 22 6:05pm Deep H2O Terry	August 23 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Kim	August 24	August 25 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen	August 226 8:35am Deep H2O: Karen
August 28 8:05am H2O Fit: Terry 6:05pm H2O Fit: Kim	August 29 6:05pm Deep H2O Terry	August 30 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Kim	August 31	September 1 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen	September 2 8:35am Deep H2O: Karen

The Aquatic Park will be closed from 9/4 - 9/29 for annual pool maintenance

(The Aquatic Park will reopen on Saturday 9/30, *This schedule subject to change without notice)

Updated 07/20/2023



NORTH CLACKAMAS

PARKS & RECREATION DISTRICT

- The North Clackamas Aquatic Park (NCAP) makes no assessment of your health status in participating in any type of NCAP program or activity.
 - Please consult your physician prior to beginning any type of exercise program.
- All classes are subject to change due to instructor substitutions/availability, class attendance or if emergency situations arise.
 - Class cancellation may occur in extreme situations and every effort will be made to give advanced notice of changes
- Anything that disturbs others or the instructor during class is not tolerated.
 - Please keep talking to a minimum during class.
- Please arrive early or on time for class; it is disruptive to interrupt a class once it has started.
- Please follow the instructors lead as they will always include modifications. All instructors are trained to lead a safe, and effective workout.
 - It is disruptive to the instructors and other participants when you are engaged in your own workout during class.
- If you find it necessary to leave class early, please advise the instructor that you will be leaving early. Please exit the class in a manner that does not disrupt the rest of the class.
 - Most classes offer a cool down, stretching segment at the end of class. If you leave before this section of class is completed, please ensure that you cool down and stretch on your own, as this is one of the most important and beneficial components of exercise, and allows a safe recovery from your workout.