

H2O Fitness Schedule: November 2023

Mon	Tue	Wed	Thu	Fri	Sat
		November 1 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Kim	November 2	November 3 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry	November 4 8:35am Deep H2O: Deborah
November 6 8:05am H2O Fit: Mary 10:05am Deep H2O: Karen 6:05pm H2O Fit: Kim	November 7 6:05pm Deep H2O Terry	November 8 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Bobbie	November 9	November 10 <i>*No Class 11/10*</i> Facility Closed for Veterans Day	November 11 8:35am Deep H2O: Terry
November 13 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen 6:05pm H2O Fit: Bobbie	November 14 6:05pm Deep H2O Terry	November 15 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Carol	November 16	November 17 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry	November 18 8:35am Deep H2O: Deborah
November 20 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen 6:05pm H2O Fit: Carol	November 21 6:05pm Deep H2O Terry	November 22 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry <i>*NO PM CLASS*</i>	November 23 <i>*No Class 11/23*</i> Facility Closed Happy Thanksgiving	November 24 <i>*No Class 11/24*</i> Facility Closed	November 25 8:35am Deep H2O: Mary
November 27 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen 6:05pm H2O Fit: Carol	November 28 6:05pm Deep H2O Terry	November 29 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Carol	November 30		

North Clackamas Aquatic Park's Aqua X Schedule is Subject to Change without Notice.



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.