

H2O Fitness Schedule: December 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--------------------|--|---|
| | | | | December 1 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry | December 2 8:35am Deep H2O: Deborah |
| December 4 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen 6:05pm H2O Fit: Carol | December 5 6:05pm Deep H2O: Terry | December 6 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Carol | December 7 | December 8 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry | December 9 8:35am Deep H2O: Mary |
| December 11 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen 6:05pm H2O Fit: Carol | December 12 6:05pm Deep H2O: Terry | December 13 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Carol | December 14 | December 15 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry | December 16 8:35am Deep H2O: Deborah |
| December 18 8:05am H2O Fit: Terry 10:05am Deep H2O: Karen 6:05pm H2O Fit: Carol | December 19 6:05pm Deep H2O: Terry | December 20 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry 6:05pm H2O Fit: Carol | December 21 | December 22 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry | December 23 8:35am Deep H2O: Mary |
| December 25 *Facility Closed* Merry Christmas | December 26 *PM Class Cancelled* | December 27 8:05am H2O Fit: Bobbie 10:05am Deep H2O: Mary *PM Class Cancelled* | December 28 | December 29 8:05am H2O Fit: Terry 10:05am Deep H2O: Terry | December 30 8:35am Deep H2O: Mary |

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.