



# H2O Fitness Schedule: Sep/Oct 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 29	Sep 30 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Karen</b> 6:05pm H2O Fit: <b>Carol</b>	Oct 1 6:05pm Deep H2O: <b>Terry</b>	Oct 2 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b> 6:05pm H2O Fit: <b>Carol</b>	Oct 3	Oct 4 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b>	Sep 28/Oct 5 8:35am Deep H2O: <b>Deborah (Sep 28)</b> 8:35am Deep H2O: <b>Mary (Oct 5)</b>
6	7 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Karen</b> 6:05pm H2O Fit: <b>Carol</b>	8 6:05pm Deep H2O: <b>Terry</b>	9 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b> 6:05pm H2O Fit: <b>Carol</b>	10	11 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b>	12 8:35am Deep H2O: <b>Deborah</b>
13	14 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Karen</b> 6:05pm H2O Fit: <b>Carol</b>	15 6:05pm Deep H2O: <b>Terry</b>	16 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b> 6:05pm H2O Fit: <b>Carol</b>	17	18 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b>	19 8:35am Deep H2O: <b>Mary</b>
20	21 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Karen</b> 6:05pm H2O Fit: <b>Carol</b>	22 6:05pm Deep H2O: <b>Terry</b>	23 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b> 6:05pm H2O Fit: <b>Carol</b>	24	25 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b>	26 8:35am Deep H2O: <b>Deborah</b>
27	28 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Karen</b> 6:05pm H2O Fit: <b>Carol</b>	29 6:05pm Deep H2O: <b>Terry</b>	30 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b> 6:05pm H2O Fit: <b>Carol</b>	31 <b>Happy Halloween!</b> <b>Facility Closes at 12:30pm</b>	1 8:05am H2O Fit: <b>Terry</b> 10:05am Deep H2O: <b>Terry</b>	2 8:35am Deep H2O: <b>Mary</b>

Updated 8/15/2024

North Clackamas Aquatic Park's H2O Fitness schedule is subject to change without notice. We apologize for any inconvenience.



## **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.