



Love Fidalgo...

We love **Fidalgo Pool and Fitness Center** and we know you will too! Try a class during the month of February for **free!** Classes and times to suit everyone. Complete class details available online at www.fidalgopool.com or at the front desk.

Schedule of Free Classes (*check in at front desk*):

Thursday, February 2nd, 11:30 – 12:30 p.m., *Group Fitness Room*, **TRX Basic**

Friday, February 3rd, 9:45 – 10:45 a.m., *Group Fitness Room*, **Zumba**

Monday, February 6th, 6:00 – 7:00 p.m., *Group Fitness Room*, **Basic Mat Pilates**

Wednesday, February 8th, 7:00 – 7:55 a.m., *Group Fitness*, **Strength & Conditioning**

Tuesday, February 14th, 7:30 – 8:30 a.m., *In the Pool*, **Water Power Fit & Pilates**

Thursday, February 16th, 10:15 – 11:15 a.m., *Group Fitness Room*, **Flow Yoga**

Tuesday, February 21st, 6:30 – 7:30 p.m., *In the Pool*, **AquaZumba**

Thursday, February 23nd, 5:30 – 6:30 p.m., *Group Fitness*, **TRX Complete Workout**

Thursday, February 23nd, 6:30—8:00 p.m., *Fitness Center*, **Intro. & Group Training**

Friday, February 24th, 12:00 – 1:00 p.m., *In the Pool*, **Masters Swim Stroke Coaching**

Monday, February 27th, 10:00 – 10:45 a.m., *Group Fitness Room*, **Butts & Guts**



Enter to win a **Valentine's Gift Basket** including dinner for 2, chocolates, flowers, and more...

Tickets \$5 each or 6 for \$20. Must be 21 or older to enter.

Drawing to be held on Monday, February 13th.



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