



Spring 2017

April 1 - June 30

360-293-0673 • www.fidalgopool.com

FITNESS

Hours: Monday- Friday: 5:00 am - 8:00 pm, Saturday: 7:00 am- 12:00 Noon, Sunday: 11:30-2:30 pm.
The fitness area will be closed during facility closures, including swim meets and holidays.
Check our website for additional closures.

Group Fitness Classroom Schedule

(Subject to Change)

** Not open to the general public. Current TAC members only*

MONDAY/ WEDNESDAY

7:00 - 7:55 am: Strength & Conditioning
8:00 - 8:50 am: Yoga Core
9:00 - 10:00 am: SilverSneakers® Classic
10:00 - 10:45 am: Butts & Guts
11:00 am - 12 Noon: Gentle Yoga
12:15 - 1:15 pm: Bars, Benches & Balls (Mon. only)
12:15 - 1:15 pm: Classic Mat Pilates (Wed. only)
3:45 - 5:20 pm: TAC Team Training*
6:00 - 7:00 pm: Basic Mat Pilates (Mondays only)

TUESDAY/ THURSDAY

7:00 - 7:50 am: Step Aerobics
8:00 - 8:55 am: Strength & Conditioning
9:00 - 10:00 am: Zumba® Gold
10:15 - 11:15 am: Flow Yoga
11:30 am - 12:30 pm TRX Basic
4:15 - 5:15 pm: TAC Team Training*

FRIDAY

8:30 - 9:30 am: Muscular Strength
9:45 - 10:45 am: Bars, Benches & Balls
11:00 - 12 Noon: Gentle Yoga
12:15 - 1:15 pm: Vinyasa Yoga
3:45 - 4:45 pm: TAC Team Training *

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NEW! The Fitness Center Equipment Room will remain open on weekend days if there are pool rentals. **PLEASE CALL AHEAD TO SEE WHEN WE ARE OPEN SATURDAYS AFTER 12 NOON OR SUNDAYS AFTER 2:30 PM.**

\$4.25/\$5.75 SPECIAL: Reduced fee Monday - Friday 12:00 - 1:00 pm, & Sunday 11:30 - 1:00 pm (Excludes noontime classes.)

FITNESS EQUIPMENT includes a Precor Functional Trainer, Adaptive Motion Trainer, elliptical, stationary bicycles, treadmills, rowing machine, Olympic power rack, land mine, TRX and Rip Trainer, various strength machines, medicine balls, rubberized tubing & free weights.

Closure Dates

April 16: Easter

May 19: Spring Thunderbird Swim Meet

Pool: Noon closure

Fitness Center: 3 PM closure

May 20 - 21: Spring Thunderbird Swim Meet

May 29: Memorial Day

The **SilverSneakers®**, **Silver&Fit®**, **At Your Best®** and **Optum Fitness Advantage® Programs** are for active older adults to those dealing with chronic conditions. Certain insurance carriers offer this facility benefit to their plan members who have Medicare A & B and a Supplement or Advantage plan. We are excited to offer these programs to seniors within our community. SilverSneakers® classes are open to all Fidalgo Pool & Fitness Center patrons.

Class Descriptions

Bars, Benches & Balls uses a variety of equipment and body weight for a fun and challenging whole body workout that builds strength, endurance and balance.

Basic Mat Pilates is a simple, effective, balancing workout that focuses on strengthening the core. Great for cross training, and recovery from injury. Pilates feels great, and helps to boost all aspects of physicality. All levels welcome. Props, and mats, and jokes provided.

Butts and Guts is a 45-minute class designed to tighten and tone your core and lower body. Using hand weights and your own body weight, this class is a sure fire way to blast fat and to build strength.

Classic Mat Pilates is a miracle workout. Everything is easier when you build flexibility, abdominal and back strength.

Gentle Yoga leads you through a series of exercises gently & spiritually. All levels welcome.

Flow Yoga allows you begin your practice where you are. This practice is for all levels - beginner to advanced. Personal support and guidance from the instructor allows all members to progress at their own pace while still benefiting from all that yoga offers.

Muscular Strength will improve any adult's strength and range of motion. Weights, elastic bands and more!

SilverSneakers® Classic offers fun and movement to the music through a variety of exercises designed to increase muscular strength, range of motion and activities of daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Step Aerobics is a great way to get your heart pumping and your muscles burning as part of a powerful and fun workout.

Strength & Conditioning has it all! Begin with a 10-minute warm-up then get ready to work out! Weights, elastic bands, stability balls and more!

TRX Basic is for those new to TRX or needing a refresher. This class focuses on technique, flexibility, balance and strength using foundational exercises in easy to follow progressions.

Vinyasa Yoga is the perfect Friday lunch break. Balance your energy. Build flexibility and strength while you flow and breathe.

Yoga Core encompasses our entire midsection: the tummy, side, waist and back. Try this yoga class that focuses on your core and will help you feel stronger and more stable. Have a lower back issue? Come learn how to stretch and release the tension there. Want better posture? Learn how to engage your core to be more upright. Come learn the core of yoga.

Zumba® Gold is for adults young and golden alike! Have fun with this workout by mixing low to moderate intensity moves for an interval-style, calorie-burning Zumba® party.

Fees

Single Admission

Pool or Fitness	\$7.00
Combo (Pool, Fit & Classes)	\$9.00
Noon Swim or Fitness Center	\$4.25
Noon Swim & Fitness Center	\$5.75
<i>Note: Noon entry does not include classes</i>	
Open Swim	\$4.25
Open Swim Family of 4	\$15.00
Children 3 & Under	\$3.00

10-Time Punch 65+ discount*

(Punch card expires after 6 months)

Pool or Fitness includes fitness classes	\$48/\$46*
Combo	\$52
Open Swim	\$42
Masters Swim Team	\$45

30 Day Pass 65+ discount*

Pool or Fitness includes fitness classes	\$48/\$46*
Combo	\$52
Masters Swim Team	\$55

Out-of-District fees apply to all punch card, passes and swim lessons:

\$4.00

Showers Freshen up anytime during our hours of operation.

\$3.00

Open Swim/Family Swim

Family Swim (family of four)	\$15
Each Additional Family Member	\$4.25

Chair lift available at our community swims. Please call ahead to assure that the chair lift is available.

Interested in Teaching? Are you a certified instructor for SilverSneakers®, Boot Camp, Yoga, Pilates, Zumba® or other fun fitness classes? We are looking for instructors. Contact Carla Bigelow at 360-293-0673 or cbigelow@fidalgopool.com.

