



# Winter 2017

January 2 - March 31

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  
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: Zumba®  
11:00 - 12 Noon: Gentle Yoga  
3:45 - 4:45 pm: TAC Team Training \*

#### SATURDAY

8:00 - 8:30 am: TAC Team Training \*

**1603 22nd St.  
Anacortes, WA 98221  
Phone: (360) 293-0673  
FAX: (360) 299-2953**

**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:

**Daytime Public Swim ends at 1:45 for high school swim meets: 1/3, 1/10, 1/17**

**Evening Public Swim cancelled: 1/12, 1/24, 1/26**

**Thursdays from Mar. 23 through June 8: Evening Lap Swim will end at 6:30 pm for Special Olympics Swim Team practice**

**The entire facility will be closed:**

**Jan. 7 & 8 - all day                      Feb. 11 - all day**  
**Feb. 4 - all day                              Mar. 4 - all day**  
**Feb. 10 @ noon**

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

**Basic Pilates Mat** 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.

**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.

**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®** takes the "work" out of your workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**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](mailto:cbigelow@fidalgopool.com).

