



Fall 2017
August 28 - December 31
Schedule subject to change
rev. 10/30/17

HOURS OF OPERATION:
Monday-Friday 5:00 am-8:00 pm
Saturday 7:00 am-12:00 pm
Sunday 11:30 am-2:30 pm

FITNESS

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 - 8:55 am: Yoga Core
9:00 - 9:55 am: SilverSneakers® Classic
10:00 - 10:55 am: Bars, Benches & Balls
11:00 - 11:55 am: Gentle Yoga
12:00 - 12:55 PM: Classic Mat Pilates (Wed. only)
3:45 - 5:30 pm: TAC Team Training*

TUESDAY/ THURSDAY

7:00 - 7:55 am: Step Aerobics
8:00 - 8:55 am: Strength & Conditioning
9:00 - 9:55 am: Zumba® Gold
10:00 - 10:55 am: Flow Yoga
11:00 - 11:55 am: Gentle Yoga
12:00 - 12:55 am: TRX
3:00 - 5:15 pm: TAC Team Training*

FRIDAY

8:30 - 9:25 am: Muscular Strength
9:45 - 10:40 am: Classic Mat Pilates
11:00 - 11:55 am: Gentle Yoga
12:00 - 12:55 pm: Vinyasa Yoga
3:00 - 4:45 pm: TAC Team Training *

\$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 Orientations:

If you have questions about how to work our fitness equipment, orientations will be available on Tuesday at 10:00 am and Thursdays at 3:00 pm. Please sign up at the front desk.

Facility Closure Dates:

September 4: Labor Day
October 28 - 29: Fall Thunderbird Meet
November 3 at noon & November 4 all day: Girls HS 2A District Meet
November 23: Thanksgiving
December 24 - 25: Christmas
December 31: New Year's Eve

The **SilverSneakers®**, **Prime®**, **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.

Contact Information:

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