



Love Fidalgo Pool & Fitness with Free Classes in



February 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 3:00 p.m. Fitness Center Orientation – tour the facility and the equipment with Kyle	2 12:00 p.m. Vinyasa Yoga - balance your energy and build strength and flexibility	3 8:30/9:45 a.m. Surf & Turf Aquafit in the water and Yog-ilates on land. Try one part or do both!
4	5 10:00 – 10:55 a.m. Bars, Benches & Balls - build strength, endurance & balance	6 8:00 a.m. Step Aerobics - get your heart pumping and your muscles burning!	7 6:00 – 7:00 p.m. Turf Yog-ilates - core stability with lots of modifications for those with injuries	6 12:00-2:00 p.m. Lap Swim - enter for free between 12:00 and 1:00 p.m. and you can swim until 2:00.	9	10
11	12	13 7:30 – 8:30 a.m. Power Fit & Pilates- in the Water	14 6:35 – 8:00 p.m. Open Swim for Valentine’s Day! 	15 11:00 – 11:55 a.m. Gentle Yoga - a gentle series of exercises, all levels welcome	16 8:30 – 9:25 a.m. Muscular Strength - improve strength and range of motion using weights, bands, & more	17
18	19 9:10 – 10:00 a.m. Aquafit & Strength – in the Water - use a variety of equipment and move!	20 7:00 – 7:55 a.m. Strength & Conditioning - weights, bands, balls & more	21	22 12:00 – 12:55 p.m. TRX - flexibility, balance, and strength using your own bodyweight	23 8:00 – 8:55 a.m. Deep Aqua Aerobics – in the water	24
25	26	27 6:30 – 7:30 p.m. AquaZumba – in the water - the Zumba you love, in the water! Fun!	28			

This represents only a sampling of Fidalgo Pool & Fitness Center classes. The classes listed here have been made available for **FREE** in February. For complete class information go to www.fidalgopool.com, or pick up a schedule at the pool with complete class descriptions, days, and times.