



## Winter 2018

January 1 - March 31

*Schedule subject to change*

*rev. 1/23/18*

### GYM OPERATION HOURS:

Monday-Friday 5:00 am-8:00 pm

Saturday 7:00 am-5:00 pm

Sunday 8:00 am-5:00 pm

# FITNESS

## Group Fitness Classroom Schedule

(Subject to Change)

### 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\*

6:00 - 7:00 pm: Turf: Yog-ilates (Wed. only)

### TUESDAY/ THURSDAY

7:00 - 7:55 am: Strength & Conditioning

8:00 - 8:55 am: Step Aerobics

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 \*

### Saturday

9:45 - 10:45 am: Turf: Yog-ilates

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

**\$4.25/\$5.75 SPECIAL:** Reduced fee Monday - Friday  
12:00 - 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 by appt. Please sign up at the front desk.

### Facility Closure Dates:

**January 1:** New Year's day

**January 6 - 7:** TAC Swim Meet

**February 10:** Boys HS 2A District Meet

**March 3 - 4:** TAC Swim Meet

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:

1603 22nd Street • Anacortes, WA • 98221  
Phone: 360-293-0673 FAX: 360-299-2953  
[www.fidalgopool.com](http://www.fidalgopool.com)

## 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.

**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** 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 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** 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.

**Turf: Yog-ilates** Is a Core stability engagement focus class. Gentle vinyasa yoga using the principles of pilates to enhance stability of the core, shoulder and hip girdles. Lots of modifications will be provided for those taking care of injuries.

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

**Yoga Core** encompasses the entire midsection. 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 Day Pass	\$7.00
Masters Drop-in	\$7.00
Combo Day Pass (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>	
Recreational Swim Only	\$4.75
Recreational Swim Only Family of 4	\$15.00
Military Family Rec. Swim	FREE
Military Family Other Use	\$3.00
Children 3 & Under	\$3.00
Shower only	\$3.00

### 10-Time Combo Punch

Individual (may be shared)	\$50/\$55*
Senior (age 65+)	\$48/\$53*
Recreational Swim only	\$47.50/\$52.50*

### 30 Day Combo Pass

Individual	\$50/\$55*
Senior (age 65+)	\$48/\$53*
Family†	\$80/\$85*

### Quarterly Pass

Individual	\$142.50/\$157.50*
Senior (65+)	\$137/\$152*
Family†	\$228/\$243*

### Annual Pass

Individual	\$550/\$600*
Senior (65+)	\$528/\$578*
Family†	\$880/\$930*

\*Out of District

†"Family" is defined as immediate family living in the same household. Residency verification may be required

**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 Kyle Ciminski at 360-293-0673 or [kciminskifpfc@gmail.com](mailto:kciminskifpfc@gmail.com).

