



Spring 2018

April 1-June 17

Schedule subject to change

rev. 3/14/18

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*

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 *

Saturday

9:45 - 10:45 am: Turf: Yog-ilatates
* *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.

Gym Closure Dates:

April 1: Easter

May 18 @ Noon: TAC Swim Meet

May 19 & 20: TAC Swim Meet

May 28: Memorial Day

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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