



Fall 2018
September 4 - January 1
Schedule subject to change
rev. 10/31/18

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

MONDAY/ WEDNESDAY

6:00- 6:55 am: Spin
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: Yoga
12:00 – 1:00 pm: Restorative Yoga (Mon. only)
12:00 - 12:55 pm: Classic Mat Pilates (Wed. only)
3:45 - 5:30 pm: TAC Team Training
6:00-7:00 pm: Yog-ilates (Mon); Spin (Wed)

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
12:00-12:50 am: Intro to TRX
3:00 - 5:15 pm: TAC Team Training
6:30-7:30 pm: Zumba®

FRIDAY

7:00- 7:55 am: Spin
8:30 – 9:25 am: Muscular Strength
10:00 – 10:55 am: Flow Yoga
11:00 – 11:55 am: Yoga
12:00 – 12:55 pm: Restorative Yoga
3:00 – 4:45 pm: TAC Team Training

Saturday

7:30-8:15 am: TAC Team Training
9:45 – 10:45 am: Turf: Yog-ilates

\$4.75/\$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 use our fitness equipment, Kyle Ciminski is available Monday, Wednesday & Friday 11:00-1:00 and on Tuesday & Thursday 10:00-noon.

Gym Closure Dates:

November 2: High School Meet (Closed at 5PM)
November 3: High School
November 17: TAC Meet
November 18: TAC Meet
November 22: Thanksgiving
December 24: Christmas Eve (Closed at 12PM)
December 25: Christmas Day
December 31: New Years Eve (Closed at 12PM)
January 1: New Years 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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