



Love Fidalgo...Love Yourself

Join us in February for a month full of activities and challenges to help you on your way to a healthier, more active you!

Open House, Friday, February 1st, 4:00 – 7:00 p.m.

Stop by the pool at 1603 22nd Street for an Open House hosted by Friends of FPFC on February 1st from 4:00 – 7:00 p.m. Find information on the future vision of the facility, take a behind the scenes facility tour, learn about classes available, get oriented to the fitness center and equipment, see demonstrations including log rolling and swimming with mermaid tails - and jump in to participate (must pre-register), pick up a schedule of classes offered for FREE in February, and enjoy some refreshments.

See you there!

Open House Schedule of Events

- 4:00 – 7:00 Friends Information Booth – Conference Room
Future Facility Vision – Conference Room
TAC Information Booth (George Minkel, Coach) – Conference Room
Behind the Scene Facility Tours – John Little
Fitness Center Tours/Equipment Orientation – Kyle Ciminski
- 4:00 – 4:30 Yoga Demonstration – Brenda – Upstairs Group Exercise Room
- 4:30 – 5:00 TRX Demo – Kyle - Upstairs Group Exercise Room
- 5:30 – 6:00 Spin Bike Demo – Kirsten - Upstairs Group Exercise Room
- 5:30 – 6:30 Mermaid School for Children (2 sessions: 5:30 – 6:00 & 6:00 – 6:30)
MerFit for Adults (2 sessions: 5:30 – 6:00 & 6:00 – 6:30)
Log Rolling Demos in the Pool

Select FREE Classes Available in February

Fidalgo Pool and Fitness Center invites you to try a class for **FREE** during the month of February! Pilates, TRX, Aqua Powerfit, Yoga, Spin, Zumba®, and more. On land or in the water, a complete schedule of free classes and class descriptions is available online at www.fidalgopool.com or pick up a schedule at the front desk. Note that to participate in the Spin class, you must call ahead to reserve a bike.

Walk to Seattle Challenge

During February, "Walk" to Seattle and enter to **win a free one-month pass** to Fidalgo Pool & Fitness Center.

Walk 162,000 steps during the month of February, the equivalent of traveling from Anacortes to Seattle. You can run, stroll, power walk, walk on a treadmill, walk outside, or walk around your house - just put the steps in! Not mobile? Count your miles wheeled or your movement in the pool. Count your steps on any device, or just count 2000 steps for each mile you walk.

Once completed, ask at the front desk for an entry into the draw for a free one-month pass. Walk however many steps per day you like, but an average of 5,785 steps each day for 28 days will get you there! The prize draw will be held on March 1 and winners will be notified by phone.

New Equipment Purchases - Bulletin Board Hearts

Love Fidalgo? Community is the heart of Fidalgo Pool and Fitness Center and together our community can help make FPFC an even better place. During the month of February, you can help FPFC purchase **new pool and fitness equipment**.

Friends invites members of the community to "**shop**" from the FPFC **wish list**. This wish list contains items that levy funds and user fees have not been able to provide, but that patrons and staff have requested.

It's easy to shop:

1. Scan the bulletin board for a heart with an item you would like to purchase for the pool.
2. Take the heart to the front desk where you will be given an envelope.
3. Place the heart in the envelope with the monetary amount listed. Pay with cash, or a check made out to Friends of Fidalgo Pool & Fitness Center. All donations to Friends are **tax deductible**. Please note if you would like a tax receipt, include your address, and we will send you one for your records.
4. Keep your eyes open for the new equipment to arrive in March!

28 Days of Fitness Challenge

Watch for posters with 28 days of health and fitness challenges you can try to become a healthier and more active you!

There are 5 challenges marked **BONUS** on the poster. Anyone who completes one of these challenges is eligible to enter a draw for a free one-day pass to FPFC. Just ask at the front desk for a ticket to enter.