



Love Fidalgo Pool & Fitness with Free Classes in February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3 Restorative Yoga 12:00 – 1:00 p.m. A mellow yoga class using props and working to build flexibility.	4 Restorative Yoga 12:00 – 1:00 p.m. A mellow yoga class using props and working to build flexibility.	5 Aquatics – Aqua Powerfit 7:30 – 8:25 a.m. Intervals, endurance sets, strength training, and more!	6 Spin Class 6:00 – 7:00 p.m. A heart-pumping, self-paced, group ride. Call 360-293-0673 to reserve a bike.	7 Aquatics – Mind 'n Motion 8:30 – 9:20 a.m. Moving to the oldies and improving strength, flexibility, and balance.	8 Love Fidalgo Open House 4:00 – 7:00 p.m. Tours, demonstrations, information, refreshments, and more!	9 Yogalates 10:00 – 11:00 a.m. Core strengthening using Pilates and hatha yoga.
10 11 Bars, Benches & Balls 10:00-10:55 a.m. Combines equipment with body weight for a fun and challenging full body workout.	11 Bars, Benches & Balls 10:00-10:55 a.m. Combines equipment with body weight for a fun and challenging full body workout.	12 Zumba@Gold 9:00 – 9:55 a.m. A calorie burning, dance fitness party.	13 Yoga Core 8:00 – 8:55 a.m. A focus on abdominals, strength, stability, and posture.	14 Intro to TRX 12:00 – 12:50 p.m. Utilizing wall mounted straps and body weight to develop strength, balance & flexibility.	15 TAC Tryouts 3:00 – 4:00 p.m. Level 5 & 6 Swimmers. Show up on deck ready to swim.	16 TAC Masters Practice 5:45 – 7:00 a.m. Join a Master's practice and find out what it's all about!
17 18 Yogalates 6:00 – 7:00 p.m. Core strengthening using Pilates and hatha yoga.	18 Yogalates 6:00 – 7:00 p.m. Core strengthening using Pilates and hatha yoga.	19 Aquatics – Public Swim 11:00 a.m. – 2:00 p.m. Jump in and swim some laps! Ages 18 and over.	20 Classic Mat Pilates 12:00 – 12:55 p.m. A strong, whole-body workout, centered around abdominals and core.	21 Gentle Yoga 11:00 – 11:55 a.m. Non-strenuous, quiet, and meditative. Perfect for those with movement limitations.	22 Aquatics – Deep H2O Intervals 9:00 – 9:55 a.m. Work your core, improve cardiovascular fitness, and burn calories.	23 Yogalates 6:00 – 7:00 p.m. Core strengthening using Pilates and hatha yoga.
24 25 Aquatics – H2O Fit & Flow 8:00 – 8:55 a.m. Strengthen muscles and increase flexibility without joint impact.	25 Aquatics – H2O Fit & Flow 8:00 – 8:55 a.m. Strengthen muscles and increase flexibility without joint impact.	26 Aquatics – Public Swim 11:00 a.m. – 2:00 p.m. Jump in and swim some laps! Ages 18 and over.	27 Classic Mat Pilates 12:00 – 12:55 p.m. A strong, whole-body workout, centered around abdominals and core.	28 Gentle Yoga 11:00 – 11:55 a.m. Non-strenuous, quiet, and meditative. Perfect for those with movement limitations.	29 Aquatics – Deep H2O Intervals 9:00 – 9:55 a.m. Work your core, improve cardiovascular fitness, and burn calories.	30 Yogalates 6:00 – 7:00 p.m. Core strengthening using Pilates and hatha yoga.

This represents only a sampling of Fidalgo Pool & Fitness Center classes. All classes can be modified to meet individual needs. 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.