Love Fidalgo...Love Yourself

Open House – Monday, February 10, 4:00 – 6:00 p.m.

Stop by the pool at 1603 22nd Street on February 10th from 4:00 – 6:00 p.m. for an Open House hosted by Friends of FPFC. Take a facility tour, learn about classes available, find out about Friends of the Pool, get Capital Campaign updates, pick up a pool or fitness schedule and a t-shirt, and enjoy some refreshments. Look for signs at the pool or check the website at www.fidalgopool.com for details.

Schedule of Events

4:00 – 6:00
- Friends Information Booth – Conference Room
- TAC & Masters Information Booth – Conference Room
- Schedules, t-shirts & refreshments – Conference Room
- Behind the Scene Facility Tours – John Little, meet at sign in lobby
- Fitness Center Tours – Kyle Ciminski, Fitness Center

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 where indicated you will need to call ahead to register.

Love Yourself Challenges

Watch for posters with 29 days of health and fitness challenges you can try to become a healthier and more active you!

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. This year we will be helping the pool replace worn-out life jackets for infants and children that are used in lessons.

It’s easy to help:

1. Scan the bulletin board for a heart with a life jacket you would like to purchase for the pool.
2. Take the heart to the front desk where you will be given an envelope. 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. Tax receipts will be sent to the address listed on your check. If you pay cash and would like a receipt, please include your name and address.
3. Thank you for your support!
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<th>SUNDAY</th>
<th>MONDAY</th>
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<td>2 10:00 - 11:00 AM Fitness Center - try the Fitness Center, free entry between 10 and 11, stay until you are done</td>
<td>3 9:00 - 9:55 AM Silver Sneakers Classic - increase muscular strength, range of motion, and activities of daily living</td>
<td>4 6:00 - 7:00 PM H2O Boot Camp - water-based boot camp</td>
<td>5 7:00 - 7:55 AM Strength &amp; Conditioning - weights, bands, and stability balls for a total body workout</td>
<td>6 11:00 - 11:55 AM Gentle Yoga - non-strenuous &amp; meditative</td>
<td>7 9:00 - 9:55 AM Muscular Strength - focus on building strength and range of motion</td>
<td>8 9:00 - 9:55 AM Boot Camp - physical training in a circuit format using equipment and body weight exercises</td>
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<td>9 12:00 - 12:55 PM Restorative Yoga - uses props for support</td>
<td>10 4:00 - 6:00 PM OPEN HOUSE Tours, information, capital campaign updates, t-shirts, refreshments, and more!</td>
<td>11 12:00 - 12:55 PM Intro to TRX - strength, flexibility, balance &amp; core stability</td>
<td>12 6:15 - 7:14 AM Water Exercise - get moving in the water!</td>
<td>13 7:00 - 7:55 AM Step Aerobics - a great cardio workout</td>
<td>14 9:00 - 9:55 AM Deep H2O Intervals - interval training in the deep end of the pool.</td>
<td>(Note: pool closed for HS District Meet)</td>
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<td>16 10:00 - 10:55 AM Bars, Benches &amp; Balls - strength &amp; endurance</td>
<td>17 6:45 - 7:30 PM Merlings - ages 7+, must be independent in water, call to register</td>
<td>18 7:30 - 8:35 AM Aqua Powerfit - in the water</td>
<td>19 6:00 - 6:55 AM Spin - call to reserve a bike</td>
<td>20 9:00 - 9:55 AM Zumba Gold - calorie burning dance fitness party!</td>
<td>21 11:00 - 11:45 AM MerPups (ages 3 - 6) - swim like a mermaid! Call to register</td>
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<tr>
<td>23 24 9:00 - 9:55 AM Aquafit &amp; Strength - water class</td>
<td>25 6:45 - 7:30 PM Merlings - ages 7+, must be independent in water, call to register</td>
<td>26 10:00 - 10:55 AM Flow Yoga - dynamic movement, supportive and self-paced</td>
<td>27 8:00 - 8:55 AM H2O Fit &amp; Flow - strengthen muscles and increase flexibility in the water without joint impact.</td>
<td>28 12:30 - 1:00 PM Homeschool Swim Lesson Evaluations - find out your child's swimming level to register for lessons - call to sign up for the evaluation</td>
<td>29 (Note: facility closed for PNS Divisional meet)</td>
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Land and water classes listed here are **FREE** in February. All classes can be modified to meet individual needs. Some classes require pre-registration - call **360-293-0673** to sign up if noted. For complete class information go to [www.fidalgopool.com](http://www.fidalgopool.com), or pick up a schedule at the pool with class descriptions.