



## Summer 2020

**June 29-Phase 3**

*Schedule subject to change*

rev. 07/13/2020

### FPFC OPERATION HOURS:

Monday-Friday 8:15 am-6:15 pm

Saturday 10:00 am-5:00 pm

Sunday 10:00 am-5:00 pm

# FITNESS

## Group Fitness Classroom Schedule

### MONDAY/ WEDNESDAY

- 8:15 – 9:00 am: Core & More (Mon. only) (S)
- 8:15 – 9:00 am: Yoga-Core (Wed. only) (S)
- 9:15 – 10:00 am: SilverSneakers® Classic (V)
- 9:45 – 10:45 am: Hatha Yoga (V)
- 10:15 – 11:00 am: Bars, Benches & Balls (S)
- 11:15 – 12:00 pm: Hatha Yoga (S)
- 12:15 – 1:00 pm: Restorative Yoga (Mon. only) (V)
- 12:15 – 1:00 pm: Classic Mat Pilates (Wed. only) (V)

### TUESDAY/ THURSDAY

- 9:00-10:00 am: Low-Impact Cardio Fit (V)
- 10:15 – 11:00 am: Flow Yoga (V)
- 11:15 – 12:00 pm: Gentle Yoga (S)

### FRIDAY

- 8:15 – 9:00 am: Core & More (S)
- 9:15 – 10:00 am: Muscular Strength (V)
- 9:45 – 10:45 am: Hatha Yoga (V)
- 10:15 – 11:00 am: Flow Yoga (V)
- 11:15 – 12:00 pm: Hatha Yoga (S)
- 12:15 – 1:00 pm: Restorative Yoga (V)

### Saturday

- 9:00 - 10:00 am: Yoga-Core (S)

### Fitness Equipment Orientations:

Fitness equipment orientations have been temporarily suspended, as the gym is closed until Phase 3 approval.

Class equipment is available for check-out. Please coordinate with your instructor.

### Fitness Closure Dates:

During this interim period prior to a broader Phase 3 reopening, we are limited to serving no more than five socially distanced participants, with a masked instructor, in each class. As such, we are offering a variety of approaches:

- (S) – simulcast. Five or fewer on-site attendees; 100 Zoom.
- (V) – virtual. Zoom-only. No physical attendance.

Interim fees are as follows:

- Physical class attendance: \$5.00/class
- Virtual class attendance: \$2.50/class

### Contact Information:

1603 22nd Street • Anacortes, WA • 98221  
Phone: 360-293-0673      [www.fidalgopool.com](http://www.fidalgopool.com)



**Bars, Benches & Balls** combines equipment with bodyweight for a fun and challenging whole-body workout, building both strength and endurance.

**Classic Mat Pilates** promotes a strong whole-body workout, appropriate for each client, centered around abdominals and core—back, glutes, hamstrings and chest.

**Core & More** focuses on proper activation of the deep core muscles and how to integrate them into entire body movements to enhance muscular-skeletal health. Stability, mobility and flexibility exercises for the spine will be practiced.

**Flow Yoga** emphasizes dynamic movement, seamlessly stringing postures together, one to another, connected through breath. Supportive and self-paced.

**Gentle Yoga** offers an easier, less intense yoga experience—non-strenuous, quiet and meditative. Perfect for beginners and for those with movement limitations. Chair movements are available.

**Low-Impact Cardio Fit** is a safe, heart-healthy, low-impact cardio class to energize your active lifestyle. Participants will improve cardiovascular endurance and strengthen movements used in everyday life, including core and balance work. Chair modifications available. A great option for aqua fitness enthusiasts who need a land-fitness alternative. The class complements SilverSneakers® Classic and Muscular Strength.

**Muscular Strength** utilizes weights, elastic bands and other equipment, focused on building strength and range of motion. Ideal for injury recovery and fitness maintenance.

**Hatha Yoga** combines physical, mental and spiritual practices, enhancing strength and flexibility in a quiet and calming atmosphere. Safety and alignment are important parts of this class.

**Restorative Yoga** uses props, rather than muscles, for body support. Classes are very mellow, making them a good complement to more active practices and an excellent antidote to stress.

**SilverSneakers® Classic** offers exercises designed to increase muscular strength, range of motion and activities of daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

**Yoga-Core (formally called Yogilates)** focuses on integrating the core strengthening and alignment principles of Pilates with the empowering practice of Hatha Yoga.



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