



Winter 2021

January 2-March 31

Schedule subject to change

rev. 12/28/2020

FPFC OPERATION HOURS:

See Class Schedules Below.

FITNESS

Group Fitness Classroom Schedule

MONDAY/ WEDNESDAY

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

TUESDAY/ THURSDAY

9:00-9:45 am: Cardio Circuit
10:15 – 11:00 am: Flow Yoga
11:15 – 12:00 pm: Gentle Yoga

FRIDAY

8:00 – 8:45 am: Core & More
9:15 – 10:00 am: Muscular Strength
9:45 – 10:45 am: Hatha Yoga
10:15 – 11:00 am: Classic Mat Pilates
11:15 – 12:00 pm: Hatha Yoga
12:15 – 1:00 pm: Restorative Yoga

Saturday

9:00 – 10:00 am: Yoga-Core

Gym Activity

Based on state restrictions, effective November 17, the gym is closed until further notice.

Fitness Closure Dates:

None

Based on current state guidance, all classes are offered in virtual format only—no in-person instruction is allowed. The fee through year-end is \$3.50/class.

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

Contact Information:

1603 22nd Street • Anacortes, WA • 98221
Phone: 360-293-0673 www.fidalgopool.com

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

Cardio Circuit. Will energize your day and relieve stress within the safety of your home. It is a safe, heart-healthy, low-impact, cardiovascular workout mixed with functional muscular strengthening, balance, flexibility and relaxation exercises. Equipment needed: a sturdy chair, weights or soup cans, resistance bands and a small ball or pillow.

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.

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.

Step Aerobics is a great cardio workout! We use an adjustable bench to step up, down, over and around, adding kicks, curls and more. We start with basic moves and then add-on for challenging, rhythmic patterns. Come join us as you add strength and get your heart pumping!

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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