

FITNESS

Group Fitness Classroom Schedule

MONDAY/ WEDNESDAY

6 – 6:50 AM: Spin (Mon. only) (O)
8 – 8:50 AM: Core & More (Mon. only) (S)
9 – 9:50 AM: SilverSneakers® Classic (S)
9 – 10:30 AM: Hatha Yoga (V)
10 – 10:50 AM: Bars, Benches & Balls (S)
11 – 11:50 PM: Hatha Yoga (Mon. only) (S)
11 – 11:50 AM: Yoga-Core (Wed. only) (S)

TUESDAY/ THURSDAY

9:00-9:50 AM: Strength & Conditioning (O)
10:00 – 10:50 AM: Flow Yoga (S)
11:00 – 11:50 AM: Gentle Yoga (S)

FRIDAY

7:00 – 7:50 AM: Spin (O)
8:00 – 8:45 AM: Core & More (S)
9:00 – 9:50 AM: Silver Sneakers Classic (S)
9:30 – 10:30 AM: Hatha Yoga (V)
10:00 – 10:50 AM: Classic Mat Pilates (S)
11:00 – 11:50 PM: Hatha Yoga (S)

SATURDAY

9:00 – 10:00 AM: Yoga-Core (S)

Gym Hours & Information

Monday – Friday: 7:15 AM – 6:45 PM
Saturday & Sunday: 8 AM – 2 PM

All sessions are 30-minutes long and by appointment. Please use our Self-service Portal, the MemberMe+ app or call the front desk to reserve your session(s). Please follow all current masking protocols as posted.

Facility Closure Dates:

September 6: Labor Day
September 25 – 26: Fall Thunderbird Swim Meet
November 6: Girls Swim & Dive District Swim Meet
November 25: Thanksgiving
December 24 @ Noon – 25: Christmas
December 31 @ Noon – January 1: New Year's

Group Fitness Class Activity

Classes listed to the left may be offered in either Onsite Only (O), Virtual Only (V) or Simulcast format (S). Please follow all current masking protocols as posted.

Current fees: Virtual Only \$3.50/class; Onsite Only or Simulcast \$6.00/class.

For classes prior to 8:15 AM, please park in the upper lot and enter through the upper doors—the instructor will check you in. For all other time slots, please check in at the front desk.

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

Contact Information:

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