

FITNESS

Group Fitness Schedule

MONDAY/ WEDNESDAY

6 – 6:50 AM: Spin (Mon.) (O)
6 – 6:45 PM: Spin (Wed) (O) – **Starts 12/8**
8 – 8:50 AM: Core & More (Mon. only) (S)
8 – 8:50 AM: Yoga-Core (Wed. only) (S)
9 – 9:50 AM: SilverSneakers® Classic (S)
9:30 – 10:30 AM: Hatha Yoga (V)
10 – 10:50 AM: Bars, Benches & Balls (S)
11 – 11:50 AM: Hatha Yoga (Mon. only) (S)
12 – 12:30 PM: Functional Strength Express (O) –
Starts 12/6
5:30 – 6:30 PM: Zumba® (Wed. only) (O)

TUESDAY/ THURSDAY

8 – 8:50 AM: Dance Fit Mix (O)
9 – 9:50 AM: Strength & Conditioning (O)
10 – 10:50 AM: Flow Yoga (S)
11 – 11:50 AM: Gentle Yoga (S)
12 – 12:50 PM: Feeling Fit (O)

FRIDAY

6 – 6:45 AM: Alignment-Based Vinyasa Yoga (O) –
Starts 12/10
8 – 8:45 AM: Core & More (S)
9 – 9:50 AM: Silver Sneakers Classic (S)
9:30 – 10:30 AM: Hatha Yoga (V)
10 – 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, Wednesday, Friday: 6:15 AM – 6:45 PM
Tuesday & Thursday: 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:

**December 24 (10:30 AM Pool/Noon Fitness Center) –
December 25 (All day):** Christmas

**December 31 (10:30 AM Pool/Noon Fitness Center) –
January 1 (All day):** New Year's

Group Fitness Class Activity

Classes listed to the left may be offered in either Onsite Only (O), Virtual (V) or Simulcast format (S).

Please follow all current masking protocols as posted. Registration and check-in for all classes and gym sessions is required.

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

Contact Information:

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