

FITNESS

Land Group Fitness Schedule

MONDAY/ WEDNESDAY

6 – 6:50 AM: Spin (Mon.) (O)
6 – 6:45 AM: Spin (Wed) (O)
8 – 8:50 AM: Core & More (Mon. only) (O, V)
8 – 8:50 AM: Yoga-Core (Wed. only) (O, V)
9 – 9:50 AM: SilverSneakers® Classic (O, V)
9:30 – 10:30 AM: Hatha Yoga (V)
10 – 10:50 AM: Bars, Benches & Balls (O, V)
11 – 11:50 AM: Hatha Yoga (Mon. only) (O, V)
12:15 – 12:45 PM: Functional Strength Express (O)
5 – 6 PM: Zumba® (Wed. only) (O)

TUESDAY/ THURSDAY

8 – 8:50 AM: Dance Fit Mix (O)
9 – 9:50 AM: Strength & Conditioning (O, V)
10 – 10:50 AM: Flow Yoga (O, V)
11 – 11:50 AM: Gentle Yoga (O, V)
12 – 12:50 PM: Feeling Fit (O)
1 – 1:50 PM: Dance Fit Mix (Thurs. only) (O)

FRIDAY

6 – 6:45 AM: Alignment-Based Vinyasa Yoga (O)
8 – 8:50 AM: Core & More (O, V)
9 – 9:50 AM: Silver Sneakers Classic (O, V)
9:30 – 10:30 AM: Hatha Yoga (V)
10 – 10:50 AM: Classic Mat Pilates (O, V)
11:00 – 11:50 PM: Hatha Yoga (O, V)
12:15 – 12:45 PM: Functional Strength Express (O)

SATURDAY

9:00 – 10:00 AM: Yoga-Core (O, V)

Gym Hours & Information

Monday, Wednesday: 6 AM – 7 PM

Tuesday & Thursday: 7 AM – 7 PM

Friday: 6 AM – 8 PM

Saturday & Sunday: 8 AM – 3 PM

All sessions are 60 - 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.

Upcoming Facility Closure Dates:

April 17: Easter

May 13 @ 2:30 PM: Spring Thunderbird Swim Meet

May 14 – 15: Spring Thunderbird Swim Meet

May 30: Memorial Day

July 4: Independence Day

Group Fitness Class Activity

Please follow all current masking protocols as posted.
Registration and check-in for all land and aquatic group
fitness classes is required.

Class format key:

O = Onsite

V = Virtual

Current fees: Virtual \$5/class; Onsite \$8.00/class.

Contact Information:

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