



## Summer 2022

July 18 – August 7, 2022

*Schedule subject to change  
rev. 7/115/2022*

# FITNESS

## Land Group Fitness Schedule

### MONDAY/ WEDNESDAY

6 – 6:50 AM: Spin (Mon.) (O)  
6 – 6:45 AM: Spin (Wed) (O)  
7 – 7:50 AM: Boot Camp with JD (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)  
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)  
5:30 – 6:30 PM: Movin' & Groovin' (Wed. only) (O)

### TUESDAY/ THURSDAY

6 – 6:50 AM: Boot Camp with JD (O)  
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)  
5:30 – 6:15 PM: HIIT Circuits

### FRIDAY

6 – 6:45 AM: Alignment-Based Vinyasa Yoga (O)  
7 – 7:50 AM: Boot Camp with JD (O)  
8 – 8:50 AM: Core & More (O, V)  
9 – 9:50 AM: Silver Sneakers Classic (O, 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

8 – 8:50 AM: Boot Camp with JD (O)  
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:

**August 8 – 19:** Annual Maintenance Shut-down  
**September 5:** Labor 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:

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