

What We Offer

Land-based Training

Land-based training is offered in our state-of-the-art Fitness Center during regular business hours. Our trainers will work with you to customize workouts that meet your fitness goals.



Aquatic Personal Training

Take your workout to the water with one of our aquatic fitness training specialists. No swimming experience necessary, most sessions occur in waist-to chest-deep water. Deep end workouts are assisted with buoyant equipment to challenge your core and eliminate the effects of gravity on your joints.



One-on-One or Share with a Friend

We offer one-on-one sessions with your trainer, or you may wish to work out with a partner, spouse or friend in semi-private (maximum: 2 clients per trainer) workout sessions.

Who We Are

About Us

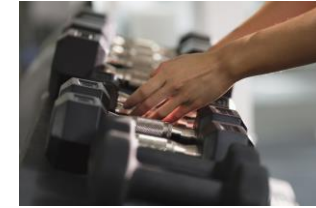
Serving up generations of enjoyment, health, and fitness to Anacortes – kids and adults alike. Come and have some fun!

Contact Us

Phone: (360) 293-0673
Email: info@fidalgopool.com
Website: <https://fidalgopool.com>



**FIDALGO POOL &
FITNESS CENTER**
1603 22nd Street
Anacortes, WA 98221



**PERSONAL
TRAINING
AT
FIDALGO POOL
& FITNESS
CENTER**

Pricing

Choose one-on-one training or share your training time with a friend or family member in semi-private sessions. Purchase a package of 5 sessions to save 5% and save 10% when you buy 10.

One-on-One:

30-minute sessions

- 1 – 4 sessions: \$40 each
- 5 sessions: \$190
- 10 sessions: \$360

55-minute sessions

- 1 – 4 sessions: \$70 each
- 5 sessions: \$332.50
- 10 sessions: \$630

Semi-private (2 clients per session):

30-minute sessions

- 1 – 4 sessions: \$56 each
- 5 sessions: \$266
- 10 sessions: \$504

55-minute sessions

- 1 – 4 sessions: \$98 each
- 5 sessions: \$465.50
- 10 sessions: \$882

Payment:

Please pay at the front desk prior to scheduling your training sessions. FPFC accepts cash, check, and all major credit cards.

Our Trainers

JD

JD is an ISSA Certified Personal Trainer with more than 20 years of experience in fitness related training. JD's specialties include fitness training, weight loss and nutritional assistance, strength training, muscle gain, and cardio acceleration. JD is available for land-based personal training.

Julie Scratch

Julie holds both land and water fitness certifications. She is an ACE Certified Personal Trainer, a Master Trainer for WaterART™, a Silver Sneakers® Instructor, and holds a 200-hour RYT through YogaFit. Julie is available for land or water-based training sessions.

Lori Johnson

Lori specializes in aquatic personal training. She is a Physical Therapy Assistant and is also certified through the Aquatic Exercise Association/Aquatic Therapy & Rehabilitation Institute.

Sandi Essley

Sandi is an ACE Certified Personal Trainer with additional training and certifications in Pilates, yoga, and TRX Suspension Training. She is available for land-based personal training.

Personal Training Policies

- All sessions are prepaid and pre-scheduled.
- Cancellation of personal training sessions must be made at least 24-hours prior to the scheduled session to receive a make-up session. Exceptions may be made for unforeseen illness or emergencies.
- No shows or failure to notify the trainer is considered a forfeited session and will not be added back to your package.
- There are NO refunds for unused, no show or cancelled lessons.
- Unused sessions will remain on your account for use later.
- There is no transfer of funds for unused sessions for other services offered at FPFC.
- A personal training package may be shared with members of the same household.