

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: Pumped Up Strength (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)
11 – 11:50 AM: Barre Above® (Wed. only, O, V)
12:15 – 1 PM: TRX Functional Strength (Mon. only, O)
12 – 12:50 PM: Pumped Up Strength (Wed Only, O, V)
5:30 – 6:20 PM: TRX Yoga with Julie (O)

TUESDAY/ THURSDAY

6 – 6:50 AM: Boot Camp with JD (O)
7 – 7:50 AM: Barre Above® (O, V)
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: Drum'n'Fit (O)

FRIDAY

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)
12:15 – 1 PM: TRX Functional Strength (O)

SATURDAY

9:00 – 10:00 AM: Yoga-Core (O, V)

Gym Hours & Information

Monday – Friday: 6 AM – 7 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).

Personal Training @ FPFC

Would you like workouts designed specifically for you? Contact
one of our personal trainers to set up a consultation. Single
sessions or packages of 5 or 10 sessions available. See our
brochure at the front desk for more information.

Upcoming Facility Closure Dates:

January 1: New Year's Day
January 28 – 29: Pacific NW Swimming Winter Challenge
Swim Meet
February 4 @ 1 PM – POOL ONLY: TAC Tri-team Meet
February 10 @ Noon – POOL ONLY: Boys HS Swim &
Dive 2A District Swim Meet
February 11: Boys HS Swim & Dive 2A District Swim
Meet

Group Fitness Class Activity

Registration and check-in for all land and aquatic group
fitness classes is required.

Class format key:

O = Onsite

V = Virtual

Contact Information:

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