





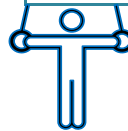




# Love Fidalgo 2023

FREE Instructor-led Group Fitness Classes  
Please pre-register

Use coupon code:  
**LoveFidalgo23**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3 12:15 PM: TRX Functional Strength with Sandi	4 9 AM: Yoga Core with Julie
5 	6	7 6 AM: Boot Camp with JD	8 12 PM: Pumped-up Strength with Cynthia	9 	10 10 AM: Classic Mat Pilates with Carla R.	11
12	13 6 AM: Spin with Kirsten	14 	15 5:30 PM: TRX Yoga with Julie	16 1 PM: Drum 'n' Fit with Leslie	17	18 
19	20 11 AM: Hatha Yoga with Carla R.	21 	22 6 AM: Spin with Sandi	23	24 8 AM: Core & More with Julie	25
26 	27	28 11 AM: Gentle Yoga with Carla R.		<p>Note: Free classes indicated above available only during the month of February 2023. Other classes and activities are available throughout the month at regular rates. See <a href="http://www.fidalgopool.com">www.fidalgopool.com</a> for schedule and pricing information.</p>		