

FITNESS

Land Group Fitness Schedule

MONDAY/ WEDNESDAY

7 – 7:50 AM: Spin (Mon. only, O)
7 – 7:50 AM: HIIT with Cynthia – Total Body Reset (Wed, O)
8 – 8:50 AM: Pumped Up Strength (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, O, V)
12:15 – 1 PM: TRX Functional Strength (Mon, O)
5 – 5:45 PM: Butts & Guts (O)

TUESDAY/ THURSDAY

6:05 – 6:50 AM: FPFC Bootcamp (Tues, O) Begins Feb. 6
7 – 7:50 AM: Barre Above® (O, V)
8 – 8:50 AM: Dance Fit Mix (O)
10 – 10:50 AM: Flow Yoga (O, V)
11 – 11:50 AM: Gentle Yoga (O, V)
12 – 12:50 PM: Feeling Fit @ Noon (O)
1 – 1:50 PM: Feeling Fit @ 1 PM (O)
5:30 – 6:30 PM: Alignment-based Yoga (Tue, O)
5:30 – 6:30 PM: Yin Bolster Class (Thur, O)

FRIDAY

7 – 7:45 AM: FPFC Bootcamp (O)
9 – 9:50 AM: Silver Sneakers Classic (O, V)
10 – 10:50 AM: Classic Mat Pilates (O, V)

SATURDAY

8:15 – 9 AM: Butts & Guts (O)

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 navigate to www.fidalgopool.com and select the Login for Scheduling link to reserve your session(s).

Fitness Center Equipment Orientations available by reservation Mondays at 1:15 PM.

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:

Jan. 20: NW Conference Invitational Swim Meet
Jan. 27 – 28: TAC Swim Meet
Feb. 9 @ Noon & Feb. 10: 2A NW Dist. 1 Boys Swimming & Diving Championships

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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