

## 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

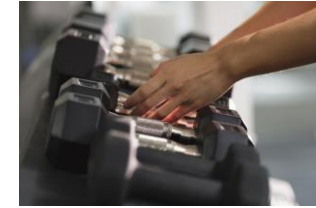
Serving up generations of enjoyment, health, and fitness to Anacortes – kids and adults alike. Come and have some fun!

### Contact Us

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



**FIDALGO POOL &  
FITNESS CENTER**  
1603 22<sup>nd</sup> 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

### 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.

### Cynthia Langston

Cynthia is an ISSA Elite personal trainer and Health Coach, a Women's Coaching Specialist, and ACE group fitness instructor. She has a background in dance and is BARRE specialty certified. Cynthia focuses on holistic change that includes nutrition, sleep, mindset, and motivation to create complete fitness programs for her clients.

### 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.

### 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.