





# Love Fidalgo 2025

FREE Instructor-led Group Fitness Classes & Swim Activities  
Please pre-register

Use coupon code:  
**LoveFidalgo25**  
Limit 5 free sessions per code

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						1 8:15 - 9 AM Butts & Guts w/ Lindsey
<b>Try Masters Adult Swim Team All Month Practice Times:</b> <b>Mon/Wed/Fri</b> 5 - 6:15 AM <b>Tue/Thur/Sat</b> 5:45 - 7 AM <b>No registration necessary for trial practices.</b>	3 12:15 - 1 PM TRX Strength & Stretch w/ Julie	4 5 - 6 PM Alignment-based Yoga w/ Karen	5 7 - 7:50 AM HIIT: Total Body Reset w/ Cynthia	6 11 - 11:50 AM Gentle Yoga w/ Carla R.	7 8 - 8:50 AM Restorative Mobility w/ Brenda	8 10 - 10:50 AM Flow Yoga w/ Summer
	10 8 - 8:50 AM Pumped Up Strength w/ Cynthia	11 6:05 - 6:50 AM Boot Camp w/ Andi	12 9:15 - 10 AM Aqua Evolution w/ Carla B.	13 7 - 7:50 AM Barre Above w/ Cynthia	14 7 - 8 AM Boot Camp w/ Kirsten	15 Facility CLOSED for Boys HS District Swim Meet
<b>Note:</b> Free classes available only during the month of February 2025. 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.	17 3 - 3:50 PM Sculpt Yoga w/ Summer	18 10 - 10:50 AM Flow Yoga w/ Carla R.	19 12:15 - 1 PM TRX Strength & Stretch w/ Suzanne	20 9 - 9:50 AM Silver Sneakers Classic w/ Carla R.	21 8 - 8:45 AM Work'n the Deep w/ Lori	22 11 - 11:50 AM Flex & Flow w/ Summer
	24 10 - 10:50 AM Classic Mat Pilates w/ Carla R.	25 1 - 1:50 PM Fascia Release Class w/ Brenda	26 5 - 5:45 PM Butts & Guts w/ Lindsey	27 8:30 - 9:15 AM H <sub>2</sub> O Fit & Flow w/ Lori	28 11 - 11:50 AM Slow Flow Yoga w/ Brenda	