

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 are 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.

Personal Training Policies

- All sessions are prepaid and pre-scheduled.
- Personal training sessions must be cancelled at least 24 hours prior to the scheduled 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 Sessions.
- 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.

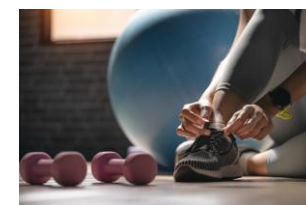
Fidalgo Pool & Fitness Center

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Phone: (360) 293-0673

Email: info@fidalgopool.com

Website: <https://fidalgopool.com>



**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: \$45 each
- 5 sessions: \$213.75
- 10 sessions: \$405

55-minute sessions

- 1 – 4 sessions: \$75 each
- 5 sessions: \$356.25
- 10 sessions: \$675

Semi-private (2 clients per session):

30-minute sessions

- 1 – 4 sessions: \$60 each
- 5 sessions: \$285
- 10 sessions: \$540

55-minute sessions

- 1 – 4 sessions: \$100 each
- 5 sessions: \$475
- 10 sessions: \$900

Payment:

Please pay at the front desk prior to scheduling your training sessions. FPFC accepts cash, check, and all major credit cards.

Our Trainers

Dane Anderson

Dane is an ISSA Certified Personal Trainer and USA Swimming Level One certified coach focused on helping clients develop healthy habits that last a lifetime. He works with clients to develop diverse and varied exercise routines focusing on their goals. Dane takes a holistic approach to fitness that includes cardio and resistance training and flexibility, nutrition, and mindfulness to achieve and maintain a flourishing lifestyle.

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, Health Coach, Integrative Health Practitioner, and Certified FASTER Way to Fat Loss Coach. She is also a Women's Coaching Specialist, ACE Group Fitness Instructor, and BARRE Specialty Certified. With a strong background in dance, Cynthia takes a holistic approach to fitness, focusing on not just exercise, but also nutrition, sleep, mindset, and motivation. She creates customized, comprehensive fitness programs designed to help her clients achieve lasting health transformations, fostering both physical and mental well-being.

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.

Aaron Terry

Aaron is a NASM Certified Personal trainer with extensive experience working with athletes to enhance their performance and achieve their fitness goals. He has a strong understanding of injury prevention, rehabilitation, and mobility. He is passionate about tailoring fitness programs to meet individual needs, focusing on strength, endurance, and recovery with a goal to help clients improve their athletic abilities while promoting long-term health and well-being.