

# FITNESS

## Land Group Fitness Schedule

### MONDAY/ WEDNESDAY

6 – 6:45 AM: HIIT with Cynthia – Total Body Reset  
7 – 7:50 AM: Spin (Mon. only, O)  
7 – 7:50 AM: Barre Above® (Wed. only, O, V)  
8 – 8:50 AM: Pumped Up Strength (Mon. only, O, V)  
8 – 8:50 AM: Yoga Core (Wed. only, O, V) ends 9/20  
9 – 9:50 AM: SilverSneakers® Classic (O, V)  
10 – 10:50 AM: Bars, Benches & Balls (O, V)  
11 – 11:50 AM: Hatha Yoga (Mon. only, O, V)  
12:15 – 1 PM: TRX Functional Strength (Mon. only, O)  
12 – 12:50 PM: Pumped Up Strength (Wed. only, O, V)  
5 – 5:45 PM: Butts & Guts (O)

### TUESDAY/ THURSDAY

7 – 7:50 AM: Barre Above® (O, V)  
8 – 8:50 AM: Dance Fit Mix (O)  
9 – 9:50 AM: Strength & Conditioning (O, V) ends 9/19  
10 – 10:50 AM: Flow Yoga (O, V)  
11 – 11:50 AM: Gentle Yoga (O, V)  
12 – 12:50 PM: Feeling Fit (O)

### FRIDAY

7 – 7:45 AM: FPFC Bootcamp (O)  
8 – 8:50 AM: Core & More (O, V) ends 9/15  
9 – 9:50 AM: Silver Sneakers Classic (O, V)  
10 – 10:50 AM: Classic Mat Pilates (O, V)

### SATURDAY

9:00 – 10:00 AM: Yoga-Core (O, V) ends 9/16  
10:15 – 11 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](http://www.fidalgopool.com) and select the Login for Scheduling link to reserve your session(s).

**Fitness Center Equipment Orientations** available by reservation Mondays at 5:30 PM, Tuesdays at Noon.

## 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:

**Sept. 4:** Labor Day  
**Nov. 23:** Thanksgiving  
**Dec. 23 @ noon & Dec. 25:** Christmas  
**Dec. 31 @ noon & Jan. 1:** New Year's

## 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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