

**NOTE:** All classes 50 minutes long unless otherwise noted.

**INSTRUCTOR-LED FITNESS SCHEDULE**  
Sept. 4 - Dec. 31, 2023

Rev. 9/11/2023

|                 | MONDAY  | TUESDAY  | WEDNESDAY                                   | THURSDAY                                       | FRIDAY                             | SATURDAY                                   |
|-----------------|---|--|---|--|------------------------------------|--|
| <b>6:00 AM</b>  |   |  | HIIT w/ Cynthia:<br>Total Body<br>Reset (O) |  |                                    |  |
| <b>7:00 AM</b>  | Spin (O)<br>(begins Sep. 11)                  | Barre Above®<br>(O, V)                         | Barre Above®<br>(O, V)                      | Barre Above®<br>(O, V)                         | Boot Camp (O)<br>7 - 7:45 AM       |  |
| <b>8:00 AM</b>  | Pumped Up<br>Strength (O, V)                  | Dance Fit Mix<br>(O)                           | Yoga Core<br>(O, V) ends 9/20               | Dance Fit Mix<br>(O)                           | Core & More<br>(O, V)<br>ends 9/15 |  |
| <b>9:00 AM</b>  | Silver Sneakers®<br>Classic (O, V)            | Strength &<br>Conditioning<br>(O, V) ends 9/19 | Silver Sneakers®<br>Classic (O, V)          | Strength &<br>Conditioning<br>(O, V) ends 9/14 | Silver Sneakers®<br>Classic (O, V) | Yoga Core<br>(O, V) ends 9/16<br>9 - 10 AM |
| <b>10:00 AM</b> | Bars, Benches &<br>Balls (O, V)               | Flow Yoga<br>(O, V)                            | Bars, Benches &<br>Balls (O, V)             | Flow Yoga<br>(O, V)                            | Classic Mat<br>Pilates (O, V)      | Butts & Guts (O)<br>10:15 - 11 AM          |
| <b>11:00 AM</b> | Hatha Yoga<br>(O, V)                          | Gentle Yoga (O,<br>V)                          |   | Gentle Yoga (O,<br>V)                          |                                    |  |
| <b>12:00 PM</b> | TRX Functional<br>Strength(O)<br>12:15 - 1 PM | Feeling Fit (O)                                | Pumped Up<br>Strength (O, V)                | Feeling Fit (O)                                |                                    |  |
| <b>5:00 PM</b>  | Butts & Guts (O)<br>5 - 5:45 PM               |  | Butts & Guts (O)<br>5 - 5:45 PM             |  |                                    |  |

**Legend:** O = Onsite; V = Virtual

| 2023 FEES                |        |  |          |          |          |
|--------------------------|--------|--|----------|----------|----------|
| PASS TYPE                | SINGLE |  | MONTH    | QUARTER  | ANNUAL   |
| Gym Only                 | \$8.00 |  | \$65.00  | \$185.25 | \$702.00 |
| Instructor-led Fitness   | \$9.00 |  |          |          |          |
| Instructor-led Fitness + |        |  | \$70.00  | \$199.50 | \$756.00 |
| Pool Only (No GroupX)    | \$6.00 |  | \$60.00  | \$171.00 | \$648.00 |
| Virtual Fitness Only     | \$5.00 |  | \$48.00  |          |          |
| Individual All-Access    |        |  | \$80.00  | \$228.00 | \$864.00 |
| Family* All-Access       |        |  | \$130.00 | \$370.50 | \$1,404  |
| Shower Only              | \$3.00 |  |          |          |          |
| Out-of-District Add      | \$0.50 |  | \$5.00   | \$15.00  | \$60.00  |

\*Must live at same address. Verification may be required.

Pre-registration required for all facility usage.

- Reserve your spot! On your device, navigate to:  
[www.fidalgopool.com](http://www.fidalgopool.com) and click the Login for Scheduling link

**Please note that we will be closed on the following dates: Sep. 4, Nov. 23, Dec. 24 @ noon, Dec. 25, Dec 31@ noon.**