

NOTE: All classes 50 minutes long
unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
January 17 - February 29, 2023

Rev. 1/17/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Boot Camp (O) 6:05 - 6:50 AM Begins Feb. 6				
7:00 AM	Spin (O) (begins Sep. 11)	Barre Above® (O, V)	HIIT w/ Cynthia: Total Body Reset (O)	Barre Above® (O, V)	Boot Camp (O) 7 - 7:45 AM	
8:00 AM	Pumped Up Strength (O, V)	Dance Fit Mix (O)	Pumped Up Strength (O, V)	Dance Fit Mix (O)		Butts & Guts (O) 8:15 - 9 AM
9:00 AM	Silver Sneakers® Classic (O, V)		Silver Sneakers® Classic (O, V)		Silver Sneakers® Classic (O, V)	
10:00 AM	Bars, Benches & Balls (O, V)	Flow Yoga (O, V)	Bars, Benches & Balls (O, V)	Flow Yoga (O, V)	Classic Mat Pilates (O, V)	
11:00 AM	Hatha Yoga (O, V)	Gentle Yoga (O, V)		Gentle Yoga (O, V)		
12:00 PM	TRX Functional Strength(O) 12:15 - 1 PM	Feeling Fit @ Noon (O)		Feeling Fit @ Noon (O)		
1:00 PM		Feeling Fit @ 1 PM (O)		Feeling Fit @ 1 PM (O)		
5:00 PM	Butts & Guts (O) 5 - 5:45 PM	Alignment- based Yoga (O) 5:30 - 6:30 PM	Butts & Guts (O) 5 - 5:45 PM	Yin Bolster Class (O) 5:30 - 6:30 PM		

Legend: O = Onsite; V = Virtual

FEES					
PASS TYPE	SINGLE		MONTH	QUARTER	ANNUAL
Gym Only	\$8.00		\$67.00	\$190.95	\$723.60
Instructor-led Fitness	\$9.00				
Instructor-led Fitness +			\$73.00	\$208.05	\$788.40
Pool Only (No GroupX)	\$9.00		\$73.00	\$208.05	\$788.40
Virtual Fitness Only	\$5.00		\$48.00		
Individual All-Access			\$84.00	\$239.40	\$907.20
Family* All-Access			\$136.00	\$387.60	\$1,468.80
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 and click the Login for Scheduling link

Please note that we will be closed on the following dates: January 20, 27 & 28, February 9 @ noon,
February 10, 2024