

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

**INSTRUCTOR-LED FITNESS SCHEDULE**  
March 1 - June 16, 2024

Rev. 2/27/2024

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

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

FEES					
PASS TYPE	SINGLE		MONTH	QUARTER	ANNUAL
<b>Gym Only</b>	\$8.00		\$67.00	\$190.95	\$723.60
<b>Instructor-led Fitness</b>	\$9.00				
<b>Instructor-led Fitness +</b>			\$73.00	\$208.05	\$788.40
<b>Pool Only (No GroupX)</b>	\$9.00		\$73.00	\$208.05	\$788.40
<b>Virtual Fitness Only</b>	\$5.00		\$48.00		
<b>Individual All-Access</b>			\$84.00	\$239.40	\$907.20
<b>Family* All-Access</b>			\$136.00	\$387.60	\$1,468.80
<b>Shower Only</b>	\$3.00				
<b>Out-of-District Add</b>	\$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:** March 10, March 27 - 2:15 - 4:15 PM,  
March 31, May 31 @ 1 PM - June 2