

NOTE: All classes 50 minutes long unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
April 1 - June 16, 2024

Rev. 3/11/2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|---|---------------------------------------|---|------------------------------------|---------------------------------|
| 6:00 AM | Spin (O) | Boot Camp (O) 6:05 - 6:50 AM | | | | |
| 7:00 AM | Barre Above® (O, V) | 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) On hiatus through 4/20/24 | Pumped Up Strength (O, V) | Dance Fit Mix (O) On hiatus through 4/20/24 | Restorative Mobility (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) | Silver Sneakers® Classic (O, V) | | |
| 10:00 AM | Classic Mat Pilates (O, V) | Flow Yoga (O, V) | Bars, Benches & Balls (O, V) | Flow Yoga (O, V) | Sculpt Yoga (O) Begins April 12 | |
| 11:00 AM | Hatha Yoga (O, V) | Gentle Yoga (O, V) | Slow Flow Yoga (O) Begins April 10 | Gentle Yoga (O, V) | Slow Flow Yoga (O) | |
| 12:00 PM | TRX Functional Strength (O) 12:15 - 1 PM | Feeling Fit @ Noon (O) On hiatus through 4/20/24 | | Feeling Fit @ Noon (O) On hiatus through 4/20/24 | | |
| 1:00 PM | | Feeling Fit @ 1 PM (O) On hiatus through 4/20/24 | | Feeling Fit @ 1 PM (O) On hiatus through 4/20/24 | | |
| 5:00 PM | 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) | | |

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: May 27, May 31 @ 1 PM - June 2