



# Summer 2024 June 24 - August 4

*Schedule subject to change (rev. 6/21/2024)*

Please navigate to [www.fidalgopool.com](http://www.fidalgopool.com) and select the Login for Scheduling link to reserve your session(s). Pre-registration required for all facility usage.

## Fitness Center/Gym Hours

All sessions are 60 – minutes long and by reservation.

**Monday – Thursday:** 6 AM – 7 PM      **Friday:** 6 AM – 8 PM      **Saturday & Sunday:** 8 AM – 3 PM

## Land Group Fitness Classes

Please see our visual group fitness schedule on the reverse for class times. Class descriptions are available on our website or on the online catalog.

All classes meet in the 2<sup>nd</sup> floor Group Fitness Classroom, unless otherwise noted.

## Water Group Fitness Classes

Use the power of water to increase cardiorespiratory fitness, strength, and balance. Class descriptions are available on our website or on the online catalog.

**Monday/Wednesday @ 9:15 AM:** Aqua Evolution  
**Tuesday/Thursday @ 8:30 AM:** H<sub>2</sub>O Fit & Flow  
**Tuesday/Thursday @ 9:30 AM:** Waves

**Friday @ 8 AM:** HIIT’n the Deep  
**Friday @ 9 AM:** Work’n the Deep



## Upcoming Closures

**July 4:** Independence Day

**August 5 - 18:** Annual Maintenance Shut-down

FEES				
PASS TYPE	SINGLE SESSION	MONTH	QUARTER	ANNUAL
Gym Only	\$8.00	\$67.00	\$190.95	\$723.60
Instructor-led Fitness	\$9.00			
Instructor-led Fitness + Gym		\$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.				