

NOTE: All classes 50 minutes long unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
June 24 - August 4, 2024

Rev. 6/26/2024

	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) ----- Treadz Intervals 7 - 7:45 AM Tommy Thompson Trail	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)	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)		Power Pulse (O) 9:15 - 10 AM
10:00 AM	Classic Mat Pilates (O, V)	Flow Yoga (O, V)	Bars, Benches & Balls (O, V)	Flow Yoga (O, V)	Sculpt Yoga (O)	
11:00 AM	Hatha Yoga (O, V)	Gentle Yoga (O, V)	Slow Flow Yoga (O)	Gentle Yoga (O, V)	Slow Flow Yoga (O)	
12:00 PM	TRX Functional Strength (O) 12:15 - 1 PM	Feeling Fit @ Noon (O)	Flex & Flow (O) 12:15 - 1 PM (begins 7/3/2024)	Feeling Fit @ Noon (O)		
1:00 PM	Flex & Flow (O) 1:15 - 2 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 - 6 PM	Butts & Guts (O) 5 - 5:45 PM	Yin Bolster Class (O)	Power Pulse (O) 5 - 5:45 PM	
6:00 PM					Weekly Wind- down (O) 6 - 6:45 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 + 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.

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: July 4, August 5 - 18