



Fall 2024: Fitness September 1 - 15, 2024

Schedule subject to change (rev. 9/6/2024)

Please navigate to www.fidalgopool.com and select the Reservations header or 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 – Friday: 6 AM – 7 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 2nd 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. **NOTE:** Waves is on hiatus until further notice.

Monday/Wednesday @ 9:15 AM: Aqua Evolution

Friday @ 8 AM: HIIT’n the Deep

Tuesday/Thursday @ 8:30 AM: H₂O Fit & Flow

Friday @ 9 AM: Work’n the Deep



Upcoming Closures

Sep. 2: Labor Day

Sept. 14 – Pool only until 1:15 PM:

TAC Intersquad Meet

Sep. 29: TAC Masters Fall Kickoff

Meet

Oct. 5: NW Conf. Invitational Meet

Nov. 8 @ Noon & Nov. 9: WIAA

Dist. 1 Girls District Meet

Nov. 28: Thanksgiving

Dec. 24 @ Noon & Dec. 25:

Christmas

Dec. 31 @ Noon & Jan. 1, 2025:

New Year’s

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.				