



# Fall 2024: Fitness September 23 – December 31, 2024

*Schedule subject to change (rev. 9/23/2024)*

Please navigate to [www.fidalgopool.com](http://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**

## 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.

Land-based classes meet in the 2<sup>nd</sup> floor Group Fitness Classroom.

Aquatic fitness classes meet in the pool’s Shallow Area Mondays – Thursdays and in the Dive Tank on Fridays.



## Upcoming Closures

**Oct. 5:** NW Conf. Invitational Meet  
**October 26 – 27:** TAC Fall  
Thunderbird Open 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.				