

NOTE: All classes 50 minutes long unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
September 16 - Dec. 31, 2024

Rev. 9/11/2024
Schedule subject to change

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|---|--|---------------------------------------|--|---|--|
| 6:00 AM | Spin (O) | Boot Camp w/ Andi (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 w/ Kirsten (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, V) | Butts & Guts (O) 8:15 - 9 AM No class 10/5 or 11/9 |
| | | H ₂ O Fit & Flow (Pool) 8:30 - 9:15 AM | | H ₂ O Fit & Flow (Pool) 8:30 - 9:15 AM | HIIT'n the Deep (Pool) 8 - 8:45 AM | |
| 9:00 AM | Silver Sneakers® Classic (O, V) | Silver Sneakers® Classic (O, V) | Silver Sneakers® Classic (O, V) | Silver Sneakers® Classic (O, V) | Work'n the Deep (Pool) 9 - 9:45 AM | |
| | Aqua Evolution (Pool) 9:15 - 10 AM | Waves (Pool) 9:30 - 10:15 AM | Aqua Evolution (Pool) 9:15 - 10 AM | Waves (Pool) 9:30 - 10:15 AM | | |
| 10:00 AM | Classic Mat Pilates (O, V) | Flow Yoga w/ Carla R. (O, V) | Bars, Benches & Balls (O, V) | Flow Yoga w/ Carla R. (O, V) | Sculpt Yoga (O) | Flow Yoga w/ Summer † (O) |
| 11:00 AM | Hatha Yoga (O, V) | Gentle Yoga (O, V) | Slow Flow Yoga w/ Summer (O) | Gentle Yoga (O, V) | Slow Flow Yoga w/ Ren (O) | Flex & Flow † (O) |
| 12:00 PM | TRX Functional Strength (O) 12:15 - 1 PM | Feeling Fit @ Noon (O) | | Feeling Fit @ Noon (O) | Flex & Flow (O) | † Class Dates: Sept. 14 & 28; Oct. 12 & 19; Nov. 2, 16, 23, 30; Dec. 7, 14, 28 |
| 1:00 PM | | Feeling Fit @ 1 PM (O) | | Feeling Fit @ 1 PM (O) | | |
| 3:15 PM | Sculpt Yoga (O) 3:15 - 3:55 PM | | | | | |
| 4:10 PM | | | | | | Legend: O = Onsite V = Virtual |
| 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) | | |

Pre-registration required for all facility usage.

Reserve your spot! On your device, navigate to: www.fidalgopool.com click the Reservations header or the Login for Scheduling link.