

NOTE: All classes 50 minutes long unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
October 24- Dec. 31, 2024

Rev. 10/25/2024
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: Nov. 16, 30; Dec. 7, 14, 28
1:00 PM		Feeling Fit @ 1 PM (O)		Feeling Fit @ 1 PM (O)		
3:15 PM	Sculpt Yoga (O) 3:30 - 4:30 PM					
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) No class 11/7 or 11/14		Legend: O = Onsite V = Virtual

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.