

**NOTE:** All classes 50 minutes long unless otherwise noted.

**INSTRUCTOR-LED FITNESS SCHEDULE**  
Nov. 12 - Dec. 31, 2024

Rev. 11/12/2024  
Schedule subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 AM</b>	Spin (O)	Boot Camp w/ Andi (O) 6:05 - 6:50 AM				
<b>7:00 AM</b>	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	
<b>8:00 AM</b>	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
		H <sub>2</sub> O Fit & Flow (Pool) 8:30 - 9:15 AM		H <sub>2</sub> O Fit & Flow (Pool) 8:30 - 9:15 AM	HIIT'n the Deep (Pool) 8 - 8:45 AM	
<b>9:00 AM</b>	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		
<b>10:00 AM</b>	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)
<b>11:00 AM</b>	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)
<b>12:00 PM</b>	TRX Functional Strength (O) 12:15 - 1 PM	Feeling Fit @ Noon (O)		Feeling Fit @ Noon (O)	Flex & Flow (O)	<b>† Class Dates:</b> Nov. 16, 30; Dec. 7, 14, 28
<b>1:00 PM</b>		Feeling Fit @ 1 PM (O) <b>Last Tuesday class 11/26</b>		Feeling Fit @ 1 PM (O) <b>Last Tuesday class 11/26</b>		
<b>3:15 PM</b>	Sculpt Yoga (O) 3:30 - 4:30 PM					
<b>5:00 PM</b>	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) <b>No class 11/14</b> <b>Last class 11/21</b>		<b>Legend:</b> O = Onsite V = Virtual

Pre-registration required for all facility usage.

Reserve your spot! On your device, navigate to: [www.fidalgopool.com](http://www.fidalgopool.com) click the Reservations header or the Login for Scheduling link.