

NOTE: All classes 50 minutes long unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
January 2025

Rev. 12/13/2024
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 GroupX Classroom | Pumped Up Strength (O, V) | | Pumped Up Strength (O, V) | | Restorative Mobility (O) | Butts & Guts (O) † 8:15 - 9 AM |
| 8:00 AM Pool | | 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 GroupX Classroom | Silver Sneakers® Classic (O, V) | Silver Sneakers® Classic (O, V) | Silver Sneakers® Classic (O, V) | Silver Sneakers® Classic (O, V) | TRX Basics (O) | |
| 9:00 AM Pool | Aqua Evolution (Pool) 9:15 - 10 AM | | Aqua Evolution (Pool) 9:15 - 10 AM | | Work'n the Deep (Pool) 9 - 9:45 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/ Brenda (O) | Flex & Flow † (O) |
| 12:00 PM | TRX Functional Strength w/ Julie (O) 12:15 - 1 PM | Classical Original Pilates (O) | TRX Functional Strength w/ Suzanne (O) 12:15 - 1 PM | Classical Original Pilates (O) | Flex & Flow (O) | † Saturday Class Dates: Jan. 4 & 11 |
| 1:00 PM | | Fascia Release Class | | | | |
| 3:30 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 | | | 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.