

NOTE: All classes 50 minutes long unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
February 2025

Rev. 1/31/2025
Schedule subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin w/ Kirsten (O)	Boot Camp w/ Andi (O) 6:05 - 6:50 AM				
7:00 AM	Barre Above® w/ Cynthia (O, V)	Barre Above® w/ Cynthia (O, V)	HIIT: Total Body Reset w/ Cynthia (O)	Barre Above® w/ Cynthia (O, V)	Boot Camp w/ Kirsten (O) 7 - 7:45 AM	
8:00 AM GroupX Classroom	Pumped Up Strength w/ Cynthia (O, V)		Pumped Up Strength w/ Cynthia (O, V)		Restorative Mobility w/ Brenda(O)	Butts & Guts w/ Lindsey (O) 8:15 - 9 AM Feb.1 & 8
8:00 AM Pool		H ₂ O Fit & Flow w/ Lori 8:30 - 9:15 AM		H ₂ O Fit & Flow w/ Lori 8:30 - 9:15 AM	HIIT'n the Deep w/ Lori 8 - 8:45 AM	
9:00 AM GroupX Classroom	Silver Sneakers® Classic w/ Carla R. (O, V)	Silver Sneakers® Classic w/ Carla R. (O, V)	Silver Sneakers® Classic w/ Carla R. (O, V)	Silver Sneakers® Classic w/ Carla R. (O, V)		
9:00 AM Pool	Aqua Evolution w/ Julie 9:15 - 10 AM		Aqua Evolution w/ Carla B. 9:15 - 10 AM		Work'n the Deep w/ Lori 9 - 9:45 AM	
10:00 AM	Classic Mat Pilates w/ Carla R. (O, V)	Flow Yoga w/ Carla R. (O, V)	Bars, Benches & Balls w/ Carla R. (O, V)	Flow Yoga w/ Carla R. (O, V)	Sculpt Yoga w/ Summer (O)	Flow Yoga w/ Summer (O) Feb. 8 & 22
11:00 AM	Hatha Yoga w/ Carla R. (O, V)	Gentle Yoga w/ Carla R. (O, V)	Slow Flow Yoga w/ Summer (O)	Gentle Yoga w/ Carla R. (O, V)	Slow Flow Yoga w/ Brenda (O)	Flex & Flow w/ Summer (O) Feb. 8 & 22
12:00 PM	TRX Strength & Stretch w/ Julie (O) 12:15 - 1 PM		TRX Strength & Stretch w/ Suzanne (O) 12:15 - 1 PM			
1:00 PM		Fascia Release Class w/ Brenda (O)				
3:00 PM	Sculpt Yoga w/ Summer (O)					
4:00 PM	Flex & Flow w/ Summer(O)					
5:00 PM	Butts & Guts w/ Lindsey (O) 5 - 5:45 PM	Alignment-based Yoga w/ Karen (O) 5 - 6 PM	Butts & Guts w/ Lindsey (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.