



Spring 2025: Fitness May 1 - 31, 2025

Schedule subject to change (rev. 4/25/2025)

Please navigate to www.fidalgopool.com and select the Reservations header or the Login for Scheduling link to reserve your session(s).

Fitness Center/Gym Hours

All sessions are 60 – minutes long and by reservation.

Monday –Friday: 6 AM – 8 PM
Saturday & Sunday: 8 AM – 3 PM

Fitness Equipment Orientation

Wednesday: 11 AM

Group Fitness Classes

Please see our visual group fitness schedule on the reverse for class times. Class descriptions are available on our website or on the online catalog.

Land-based classes meet in the 2nd floor Group Fitness Classroom.

Aquatic fitness classes meet in the pool's Shallow Area Mondays – Thursdays and in the Dive Tank on Fridays.

NOTE: Fascia Release Class will NOT meet on May 2, 6, or 9 due to instructor availability.



Upcoming Closures

May 2 – Pool @ 1 PM, Gym @ 3 PM – May 4: TAC Spring Thunderbird Open Swim Meet
May 26: Memorial Day

FEES - 2025				
PASS TYPE	SINGLE SESSION	MONTH	QUARTER	ANNUAL
Gym Only	\$8.00	\$72.00	\$205.20	\$777.60
Instructor-led Fitness	\$9.00			
Instructor-led Fitness + Gym		\$78.00	\$222.30	\$842.40
Pool Only (No GroupX)	\$9.00	\$78.00	\$222.30	\$842.40
Virtual Fitness Only	\$5.00	\$48.00		
Individual All-Access		\$90.00	\$256.50	\$972.00
Family* All-Access		\$146.00	\$416.10	\$1,576.80
Shower Only	\$3.00			
Out-of-District Add	\$0.60	\$6.00	\$18.00	\$72.00
*Must live at same address. Verification may be required.				