

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

**INSTRUCTOR-LED FITNESS SCHEDULE**  
May 2025

Rev. 4/23/2025  
Schedule subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 AM</b>	Spin w/ Aaron (O)					
<b>7:00 AM</b>	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/ Aaron (O) 7 - 7:45 AM	
<b>8:00 AM</b> GroupX Classroom	Pumped Up Strength w/ Cynthia (O, V)		Pumped Up Strength w/ Cynthia (O, V)			Butts & Guts w/ Lindsey (O) 8:15 - 9 AM
<b>8:00 AM</b> Pool		H <sub>2</sub> O Fit & Flow w/ Lori 8:30 - 9:15 AM		H <sub>2</sub> O Fit & Flow w/ Lori 8:30 - 9:15 AM	HIIT'n the Deep w/ Lori 8 - 8:45 AM	
<b>9:00 AM</b> 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)	
<b>9:00 AM</b> 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	
<b>10:00 AM</b>	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) May 17
<b>11:00 AM</b>	Hatha Yoga w/ Summer	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) May 17
<b>12:00 PM</b>	TRX Strength & Stretch w/ Julie (O)		TRX Strength & Stretch w/ Suzanne (O)		Fascia Release Class w/ Brenda (O)*	
<b>1:00 PM</b>		Fascia Release Class w/ Brenda (O)*				<b>*Note:</b> Fascia Release Class will NOT meet on May 2, 6, or 9.
<b>2:00 PM</b>			TAC Dryland Training (TAC Athletes Only)			
<b>3:00 PM</b>	Sculpt Yoga w/ Summer (O)					
<b>4:00 PM</b>	Flex & Flow w/ Summer(O)					
<b>5:00 PM</b>	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			<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.