

NOTE: All classes 50 minutes long
unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE

June 2025

Rev. 5/27/2025
Schedule subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin w/ Klrsten (O)					
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)			Butts & Guts w/ Lindsey (O) 8:15 - 9 AM
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)	
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) June 7 & 21
11:00 AM	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) June 7 & 21
12:00 PM	TRX Strength & Stretch w/ Julie (O)	Fascia Release Class w/ Brenda (O)	TRX Strength & Stretch w/ Suzanne (O)		Fascia Release Class w/ Brenda (O)	
1:00 PM		Foam Rolling for Fascia Release w/ Brenda (O)				
2:00 PM			TAC Dryland Training (TAC Athletes Only)			
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.