

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

# INSTRUCTOR-LED FITNESS SCHEDULE

July 2025

Rev. 6/23/2025  
Schedule subject to change

|                                       | MONDAY                                      | TUESDAY   | WEDNESDAY                                   | THURSDAY  | FRIDAY                                      | SATURDAY                                    |
|---------------------------------------|---|---|---|---|---|---|
| <b>6:00 AM</b>                        | Spin w/ Klrsten (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/ Kirsten (O)<br>7 - 7:45 AM     |   |
| <b>8:00 AM</b><br>GroupX<br>Classroom | Pumped Up Strength w/ Cynthia (O, V)        |   | Pumped Up Strength w/ Cynthia (O, V)        |   |   | Butts & Guts w/ Lindsey (O)<br>8:15 - 9 AM  |
| <b>8:00 AM</b><br>Pool                |   | H <sub>2</sub> O Fit & Flow w/ Lori<br>8:30 - 9:15 AM |   | H <sub>2</sub> O Fit & Flow w/ Lori<br>8:30 - 9:15 AM | HIIT'n the Deep w/ Lori<br>8 - 8:45 AM      |   |
| <b>9:00 AM</b><br>GroupX<br>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><br>Pool                | Aqua Evolution w/ Julie<br>9:15 - 10 AM     |   | Aqua Evolution w/ Carla B.<br>9:15 - 10 AM  |   | Work'n the Deep w/ Lori<br>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)                   |   |
| <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)                |   |
| <b>12:00 PM</b>                       | TRX Strength & Stretch w/ Julie (O)         | Fascia Release Class w/ Brenda (O)                    | TRX Strength & Stretch w/ Suzanne (O)       |   | Fascia Release Class w/ Brenda (O)          |   |
| <b>1:00 PM</b>                        | Zumba w/ Maria (O)                          | Foam Rolling for Fascia Release w/ Brenda (O)         | Zumba w/ Maria (O)                          |   |   |   |
| <b>2:00 PM</b>                        |   |   | TAC Dryland Training (TAC Athletes Only)    |   |   |   |
| <b>3:00 PM</b>                        | Sculpt Yoga w/ Summer (O)                   |   |   |   |   | <b>Legend:</b><br>O = Onsite<br>V = Virtual |
| <b>4:00 PM</b>                        | Flex & Flow w/ Summer(O)                    |   |   |   |   |   |
| <b>5:00 PM</b>                        | Butts & Guts w/ Lindsey (O)<br>5 - 5:45 PM  | Alignment-based Yoga w/ Karen (O)<br>5 - 6 PM         | Butts & Guts w/ Lindsey (O)<br>5 - 5:45 PM  |   |   |   |

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.