



## Summer 2025: Fitness August 1 - 31, 2025

*Schedule subject to change (rev. 7/23/2025)*

Please navigate to [www.fidalgopool.com](http://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.

#### August 1 – 3 and 18 - 31

**Monday –Friday:** 6 AM – 7 PM

**Saturday & Sunday:** 8 AM – 3 PM

#### August 4 - 17

**Monday –Friday:** 7 AM – 6 PM

Select Group Fitness Classes: see Visual Schedule

### Fitness Center Orientation

**Monday/Wednesday/Friday:** 11 AM

### Group Fitness Classes

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

Land-based classes meet in the 2<sup>nd</sup> floor Group Fitness Classroom, unless otherwise noted.

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

No Aquatic Fitness classes while the Pool is closed for Maintenance.

### Facility Closures

August 1 @ Noon: Pool ONLY Closed

August 4 – 18: Pool ONLY Closed

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 the same address. Verification may be required.				