

NOTE: All classes onsite and 50 minutes long  
unless otherwise noted.

Instructor-Led Fitness Schedule  
August 4 - 15, 2025

Rev. 7/21/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:00 AM</b>	Barre Above® w/ Cynthia	Barre Above® w/ Cynthia	HIIT: Total Body Reset w/ Cynthia	Barre Above® w/ Cynthia	Boot Camp w/ Kirsten 7 - 7:45 AM
<b>8:00 AM</b>	Pumped Up Strength w/ Cynthia		Pumped Up Strength w/ Cynthia		
<b>9:00 AM</b>		Flow Yoga w/ Carla R.	Silver Sneakers® Classic w/ Carla R.	Flow Yoga w/ Carla R.	Silver Sneakers® Classic w/ Carla R.
<b>10:00 AM in the Yard</b>	Flow Yoga w/ Summer	Sculpt Yoga w/ Summer	Flow Yoga w/ Summer	Sculpt Yoga w/ Summer	
<b>10:00 AM in the Classroom</b>	Fascia Release Class w/ Brenda		Fascia Release Class w/ Brenda		Fascia Release Class w/ Brenda
<b>11 AM in the Yard</b>	Yoga Workshops w/ Summer: Week 1 Props; Week 2: Transitions				
<b>11:00 AM in the Classroom</b>	Foam Rolling for Fascia Release w/ Brenda		Foam Rolling for Fascia Release w/ Brenda		Foam Rolling for Fascia Release w/ Brenda
<b>12:00 PM</b>	TRX Strength & Stretch w/ Suzanne		TRX Strength & Stretch w/ Suzanne		
<b>1:00 PM</b>	Zumba® w/ Maria		Zumba® w/ Maria		
<b>5:00 PM</b>		Alignment-based Yoga w/ Karen			

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.

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