



## Fall Fitness November 1 - 30, 2025

*Schedule subject to change (rev. 10/28/2025)*

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. Reservations preferred.

**Monday –Friday: 5 AM – 7 PM**  
**Saturday & Sunday: 8 AM – 3 PM**

### **Fitness Center Orientation**

**Mondays, Tuesdays & Thursdays: 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.

### **Facility Closures**

**Friday, November 7 - 8, 2025:** On Friday the pool closes at 11:45 AM, the entire facility closes at 1 PM through Saturday for the Fall 2A High School District swim meet.

**Thursday, November 27, 2025:** Thanksgiving

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.				