

NOTE: All classes 50 minutes long
unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE

November 1 - 30 , 2025

Rev.11/10/2025
Schedule subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin w/ Kirsten (O) 6 - 6:45 AM					
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	Nov. 1, 15 & 22
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)	10 AM: Fascia Release Class w/ Brenda(O)
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	11 AM: Foam Rolling for Fascia Release w/ Brenda (O)
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)		
11:00 AM		Gentle Yoga w/ Carla R. (O, V)		Gentle Yoga w/ Carla R. (O, V)	Somatic Yoga w/ Brenda (O)	
12:00 PM	TRX Strength & Stretch w/ Julie (O)	Fascia Release Class w/ Brenda (O)	TRX Strength & Stretch w/ Suzanne (O)	Strength & Conditioning w/ Suzanne (O)	Fascia Release Class w/ Brenda (O)	
1:00 PM	Zumba w/ Maria (O)	Foam Rolling for Fascia Release w/ Brenda (O)	Zumba w/ Maria (O)	Classic Mat Pilates w/ Suzanne (O)		
3:00 PM						
4:00 PM						Legend: O = Onsite V = Virtual
5:00 PM	Butts & Guts w/ Lindsey (O) 5 - 5:45 PM	Alignment-based Yoga w/ Karen (O) 5 - 6 PM No class Sept. 9	Butts & Guts w/ Lindsey (O) 5 - 5:45 PM		Barre Above® w/ Cynthia (O, V)	

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.