

NOTE: All classes 50 minutes long unless otherwise noted.

GROUP FITNESS CLASS SCHEDULE
FEBRUARY 1 - 28, 2026

Rev. 27 January 2026
Schedule subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin w/ Aaron (O) 6 - 6:45 AM					
7:00 AM	Barre Above® w/ Cynthia (O)	NEW CLASS! L1ft with Cynthia (O)	HIIT: Total Body Reset w/ Cynthia (O)	Barre Above® w/ Cynthia (O)	Boot Camp w/ Andi (O) 7 - 7:45 AM	
8:00 AM	Pumped Up Strength w/ Cynthia (O)	NEW TIME! Barre Above® w/ Cynthia (O)	Pumped Up Strength w/ Cynthia (O)			
9:00 AM GroupX Classroom	Silver Sneakers® Classic w/ Carla R. (O, V)	Gentle Yoga w/ Carla R. (O, V)	Silver Sneakers® Classic w/ Carla R. (O, V)	Gentle Yoga w/ Carla R. (O, V)	Silver Sneakers® Classic w/ Carla R. (O, V)	
9:00 AM Pool	Aqua Evolution w/ Julie 9:15 - 10 AM		Aqua Evolution w/ Carla B. 9:15 - 10 AM			Feb. 21 Only
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)	Somatic Yoga w/ Brenda (O)	10 AM: Fascia Release Class w/ Brenda(O)
11:00 AM	Zumba w/ Maria (O)	Sculpt Yoga w/ Summer (O)	Zumba w/ Maria (O)	Sculpt Yoga w/ Summer (O)	Fascia Release Class w/ Brenda (O)	11 AM: Foam Rolling for Fascia Release w/ Brenda (O)
12:00 PM	NEW CLASS! Strength & Stretch w/ Julie (O)	Fascia Release Class w/ Brenda (O)	TRX w/ Suzanne (O)	NEW CLASS Strength & Stretch w/ Suzanne (O)	TRX w/ Suzanne (O)	NEW CLASS Strength & Stretch w/ Suzanne (O)
1:00 PM	BACK ON THE SCHEDULE! Hatha Yoga w/ Summer (O)	Foam Rolling for Fascia Release w/ Brenda (O)	BACK ON THE SCHEDULE! Slow Flow Yoga w/ Summer (O)			
						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	Butts & Guts w/ Lindsey (O) 5 - 5:45 PM	NEW CLASS! TRX Functional Training w/ Suzanne (O)	Barre Above® w/ Cynthia (O, V)	

Be sure to check out our new, returning and updated classes highlighted in white lettering.

Pre-registration preferred for Group Fitness Classes. Some classes have limited equipment.
Reserve your spot! On your device, navigate to www.fidalgopool.com, then click on the Login for Scheduling link OR use the MyFPFC app.