

NOTE: All classes 50 minutes long unless otherwise noted.

GROUP FITNESS CLASS SCHEDULE

April 1 - 30, 2026

Rev. 26 March 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)	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	April 4, 18 & 25
8:00 AM	Pumped Up Strength w/ Cynthia (O)	Barre Above® w/ Cynthia (O)	Pumped Up Strength w/ Cynthia (O)			Butts & Guts w/ Lindsey (O) 8:15 - 9 AM
8:00 AM Pool		H2O Fit & Flow w/ Lori 8:30 - 9:15 AM		H2O Fit & Flow w/ Lori 8:30 - 9:15 AM	HIIT'n the Deep w/ Lori 8 - 8:45 AM	
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		Work'n the Deep w/ Lori 9 - 9:45 AM	April 11, 18 & 25
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)	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)	Foam Rolling for Fascia Release w/ Brenda (O)
12:00 PM	Strength & Stretch w/ Suzanne (O)	Fascia Release Class w/ Brenda (O)	TRX w/ Suzanne (O)	Strength & Stretch w/ Suzanne (O)	TRX w/ Suzanne (O)	April 4 & 18 only Strength & Stretch w/ Suzanne (O)
1:00 PM	Hatha Yoga w/ Summer (O)	Foam Rolling for Fascia Release w/ Brenda (O)	Slow Flow Yoga w/ Summer (O)		Pilates Sculpt w/ Marissa (O)	
2:00 PM		Somatic Yoga w/ Brenda (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		Barre Above® w/ Cynthia (O, V)	

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.