

NOTE: All classes 50 minutes long unless otherwise noted.

GROUP FITNESS CLASS SCHEDULE
March 1 - 31, 2026

Rev. 16 February 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	March 7, 14 & 21
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 Returns 3/10/26		H2O Fit & Flow w/ Lori 8:30 - 9:15 AM Returns 3/10/26	HIIT'n the Deep w/ Miranda 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			March 7, 14 & 21
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)	March 7 & 14 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)			
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	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.