

NOTE: All classes 50 minutes long unless otherwise noted.

GROUP FITNESS CLASS SCHEDULE
May 1 - 31, 2026

Rev. 27 April 2026
Schedule subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Barre Above® w/ Cynthia	L1ft! with Cynthia	HIIT: Total Body Reset w/ Cynthia	Barre Above® w/ Cynthia	Boot Camp w/ Kirsten 7 - 7:45 AM	
8:00 AM	Pumped Up Strength w/ Cynthia	Barre Above® w/ Cynthia	Pumped Up Strength w/ Cynthia			
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	Yoga Workshop: Alignment with Summer Saturday, May 30 11 - 11:50 AM
9:00 AM GroupX Classroom	Silver Sneakers® Classic w/ Carla R.	Gentle Yoga w/ Carla R.	Silver Sneakers® Classic w/ Carla R.	Gentle Yoga w/ Carla R.	Silver Sneakers® Classic w/ Carla R.	
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	May 9, 23 & 30
10:00 AM	Classic Mat Pilates w/ Carla R.	Flow Yoga w/ Carla R.	Bars, Benches & Balls w/ Carla R.	Flow Yoga w/ Carla R.	Somatic Yoga w/ Brenda	Foam Rolling for Fascia Release w/ Brenda
11:00 AM	Zumba w/ Maria	Sculpt Yoga w/ Summer	Zumba w/ Maria	Sculpt Yoga w/ Summer	Fascia Release Class w/ Brenda	
12:00 PM	Strength & Stretch w/ Suzanne	Fascia Release Class w/ Brenda	TRX w/ Suzanne	Strength & Stretch w/ Suzanne	TRX w/ Suzanne	May 2 & 30 only Strength & Stretch w/ Suzanne
1:00 PM	Hatha Yoga w/ Summer	Foam Rolling for Fascia Release w/ Brenda	Slow Flow Yoga w/ Summer		Pilates Sculpt w/ Marissa	
2:00 PM		Somatic Yoga w/ Brenda				
5:00 PM		Alignment-based Yoga w/ Karen 5 - 6 PM			Barre Above® w/ Cynthia	

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.