



Fitness

August 17 – September 30, 2026

Schedule subject to change (rev. 8/26/2026)

Please navigate to www.fidalgopool.com and select the Login for Scheduling link to reserve your session(s).

Fitness Center/Gym Hours

Reservations not required.

Monday –Friday: 5 AM – 8 PM

Saturday: 7 AM – 3 PM

Sunday: 8 AM – 3 PM

Fitness Evaluations are available by appointment with one of our Personal Trainers. Inquire at the front desk.

Group Fitness Classes

Reservations strongly suggested.

Please see our visual group fitness schedule for class times. Class descriptions are available on our website or on the online catalog.

Land-based classes meet in the 2nd floor Group Fitness Classroom, unless otherwise noted.
Aquatic fitness classes meet in the pool's Shallow Area Monday - Thursday and in the Dive Tank on Fridays.

Facility Closures

August 3 – 16, 2026: Annual Maintenance Shutdown

September 7, 2026: Labor Day

Current Pricing

(Subject to change, rev. 7/14/2026)

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Single Admission	10-Visit Punch Cards	All-Access Memberships	
Pool, Gym, Group Fitness: \$10	Group Fitness: \$80	<u>Monthly Paid-in-Full:</u>	
		Individual Resident: \$80 Non-Resident: \$90	Family Resident: \$145 Non-Resident: \$155
Rec/Sensory Swim: \$5 per person	10-Visit Guest Pass: \$80	<u>Monthly Recurring:</u>	
		Individual Resident: \$75 Non-Resident: \$85	Family Resident: \$135 Non-Resident: \$145
Family Rec/Sensory Swim: \$25 for 5 or more		<u>Quarterly Paid-in-Full:</u>	
		Individual Resident: \$240 Non-Resident: \$270	Family Resident: \$435 Non-Resident: \$465
		<u>Annual Paid-in-Full:</u>	
		Individual: Resident: \$900 Non-Resident: \$1080	Family: Resident: \$1,620 Non-Resident: \$1,740
<i>"Family" is defined as a group of individuals who reside at the same physical address and are recognized as dependents or co-filers on the same tax declaration.</i>			