

NOTE: All classes 50 minutes long
unless otherwise noted.

GROUP FITNESS CLASS SCHEDULE
July 1 - Aug. 2, 2026

Rev. 7 July 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	NOTE: FPFC will be CLOSED Saturday, July 4 for the Independence Day holiday.
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	
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	July 11 & 18
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	
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				ANNUAL MAINTENANCE SHUTDOWN: Aug. 3 - 16, 2026
5:00 PM					Barre Above® w/ Cynthia 5:15 - 6 PM	

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.