

**December 2018 Land**

**CLUB RENAISSANCE  
FITNESS CENTER- (813) 658-1245**

1/2  
Saturday  
Hip-Hop Toning (LR) 9:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>3</p> <p>Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes &amp; Abs (LR) 9:35 Definitions (LR) 10:05 Power Barre Express(ID) 3:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30</p>	<p>4</p> <p>Spinning (CD) 8:30 Barre Above (CD) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing (JU) 11:05 F. A. Balance (ID) 3:00</p>	<p>5</p> <p>Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes &amp; Abs (ID) 9:35 Pump (LW) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>6</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00</p>	<p>7</p> <p>Zumba (LR) 8:15</p> <p><b>Special Class: Sunshine Yoga at the Pool Deck(SC) 9:00</b></p> <p>Bootcamp(SC) 10:05</p>	<p>8/9</p> <p>Saturday Cardio Dance (JU) 9:00</p>
<p>10</p> <p>Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes &amp; Abs (LR) 9:35 Definitions (LR) 10:05 Power Barre Express(ID) 3:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30</p>	<p>11</p> <p>Spinning (CD) 8:30 Barre Above (CD) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing (JU) 11:05 F. A. Balance (ID) 3:00</p>	<p>12</p> <p>Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes &amp; Abs (ID) 9:35 Pump (LW) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>13</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00</p> <p><b>Christmas Party, Potluck, and Bake-Off 12:00pm</b></p>	<p>14</p> <p>Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes &amp; Abs (SC) 9:35 Definitions (SC) 10:05</p>	<p>15/16</p> <p>Saturday Hip-Hop Toning (LR) 9:00</p>
<p>17</p> <p>Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes &amp; Abs (LR) 9:35 Definitions (LR) 10:05 Power Barre Express(ID) 3:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30</p>	<p>18</p> <p>Spinning (CD) 8:30 Barre Above (CD) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing(JU) 11:05 F. A. Balance (ID) 3:00</p>	<p>19</p> <p>Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes &amp; Abs (ID) 9:35 Pump (LW) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>20</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (ID) 3:00</p>	<p>21</p> <p>Zumba (ID) 8:15 Body Stretch (SC) 9:00 Glutes &amp; Abs (SC) 9:35 Bootcamp (SC) 10:05</p>	<p>22/23</p> <p>Saturday Cardio Dance (JU) 9:00</p>
<p>24</p> <p>Body Stretch (ID) 8:30 Cardio Dance (ID) 9:00 Glutes &amp; Abs (ID) 9:35 Definitions (ID) 10:05</p> <p><b>Evening Classes Cancelled</b></p>	<p>25</p> <p><b>No Classes Today</b></p> 	<p>26</p> <p>Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes &amp; Abs (ID) 9:35 Definitions (ID) 10:05 Body Stretch (JU) 11:00</p> <p><b>Body Sculpting Cancelled</b></p>	<p>27</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (ID) 3:00</p>	<p>28</p> <p>Zumba (ID) 8:15 Yoga Stretch (SC) 9:00 Glutes &amp; Abs (SC) 9:35 Definitions (SC) 10:05</p>	<p>29/30</p> <p>Saturday Cardio Dance (JU) 9:00</p>
<p>31</p> <p>Body Stretch (ID) 8:30 Cardio Dance (ID) 9:00 Glutes &amp; Abs (ID) 9:35 Definitions (ID) 10:05</p> <p><b>Evening Classes Cancelled</b></p>	<p><b>Instructors</b> (ID) Ichell Davis (CD) Chantel Dimuzio (LR) Lauren Reale (SC) Shannon Castellanos (LW) Lina Wilburn (RF) Rachel Flack (JU) Janette Ulics (NF) Nancy Flannery</p>	<p>*On 12/7, we will host Sunshine Yoga and Mimosas at the pool deck at 9:00 am. This will be a 50 min class. *On 12/7, Yoga Stretch and Glutes and Abs class are cancelled due to Sunshine Yoga. *Thursday 12/13 will be our Christmas Party Potluck/Bake Off. *12/17-12/24: Wear your holiday clothing! *On 12/26, Definitions will be held instead of Pump. Body Stretch will be held instead of Yoga. *On 12/26, Body Sculpting is cancelled. *There will be no classes on Christmas Day. *Evening Classes on Christmas Eve are cancelled. *Evening Classes on New Years Eve are cancelled.</p>			