


December 2018 Water

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245
SPA- (813) 633-1933



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
3 Aqua Fiesta <i>Lauren-11:00am</i> -H2O Weights <i>Patricia-2:00pm</i>	4 Aqua Yoga <i>Shannon- 11:15am</i> Water Walking <i>Patricia- 2:00pm</i>	5 Water Fusion <i>Lina- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i>	6 Aqua Yoga <i>Shannon- 11:15am</i> Water Walking <i>Patricia- 3:00pm</i>	7 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i>	8/9
10 Aqua Fiesta <i>Ichell-11:00am</i> -H2O Weights <i>Patricia-2:00pm</i>	11 Aqua Yoga <i>Shannon- 11:15am</i> Water Walking <i>Patricia- 2:00pm</i>	12 Water Fusion <i>Lina- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i>	13 Aqua Yoga <i>Shannon- 11:15am</i> Water Walking <i>Patricia- 3:00pm</i>	14 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i>	15/16
17 Aqua Fiesta <i>Lauren-11:00am</i> -H2O Weights <i>Patricia-2:00pm</i>	18 Aqua Yoga <i>Shannon- 11:15am</i> Water Walking <i>Patricia- 2:00pm</i>	19 Water Fusion <i>Lina- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i>	20 Aqua Yoga <i>Shannon- 11:15am</i> Water Walking <i>Patricia- 3:00pm</i>	21 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i>	22/23
24 Aqua Fiesta <i>Ichell-11:00am</i> Evening Classes Cancelled	25 No Classes Today 	26 Water Fusion <i>Ichell- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i>	27 Aqua Yoga <i>Shannon- 11:15am</i> Water Walking <i>Patricia- 3:00pm</i>	28 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i>	29/30
31 Aqua Fiesta <i>Ichell-11:00am</i> Evening Classes Cancelled	<p>*On 12/7, we will host Sunshine Yoga and Mimosas at the pool deck 9:00 am *Thursday 12/13 will be our Christmas Party, Potluck/Bake Off. More information is hanging on the bulletin board in the Mind and Body Studio (Group Ex. Room). *There will be no classes on Christmas Day. *Evening Classes on Christmas Eve and New Years Eve are cancelled. * In the event of an instructor's absence, classes maybe substituted with another format or instructor. * All Water classes are 45 minutes unless otherwise noted! * In the event of inclement weather, class maybe cancelled. Inclement weather includes heavy rain, lightning, or extreme cold. * A minimum of 2 participants must attend for class to be held.</p>				