

February 2019 Land

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Instructors (ID) Ichell Davis (CD) Chantel Dimuzio (LR) Lauren Reale (SC) Shannon Castellanos (RF) Rachel Flack (JU) Janette Ulics (NF) Nancy Flannery				1 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	2/3 Saturday Hip-Hop Toning (LR) 9:00
4 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	5 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	6 Body Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	7 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	8 Cardio Dance (ID) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05	9/10 Saturday Cardio Dance (JU) 9:00
11 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	12 Spinning (CD) 8:30 Barre Above (CD) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing (JU) 11:05 F. A. Balance Cancelled 	13 Barre Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	14 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	15 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	16/17 Saturday Hip-Hop Toning (LR) 9:00
18 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	19 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	20 Barre Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	21 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	22 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05	23/24 Saturday Zumba (LR) 9:00
25 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	26 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	27 Barre Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	28 Spinning (CD) 8:30 Pilates (CD) 9:20 Express step (CD) 10:15 Sit and Fit (LR) 3:00	Notes *On Friday February 8th and Saturday February 9th, we will have Cardio Dance instead of Zumba. *Our Annual Sip N' Stretch will be on Tuesday, 2/12 from 3:30-5:00. Get your tickets at the fitness center desk. *Due to Sip N Stretch, FA Balance will be cancelled 2/12. *Special Class Express Step Thursday 2/18.at10:15. *On 2/8 and 2/9 Zumba class will be Cardio Dance.	