

February 2019 Water

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 Aqua Cardio-Strength Shannon - 11:00am Aqua Fun Friday Patricia- 2:00pm	
4 Aqua Fiesta Ichell-11:00am -H2O Weights Patricia -2:00pm	5 Aqua Yoga Chantel- 11:15am Water Walking Patricia- 2:00pm	6 Water Fusion Lauren - 11:00am Noodle Wednesdays Patricia - 2:00pm	7 Aqua Yoga Ichell- 11:15am Water Walking Patricia- 3:00pm	8 Aqua Cardio-Strength Shannon - 11:00am Aqua Fun Friday Patricia- 2:00pm	
11 Aqua Fiesta Ichell-11:00am -H2O Weights Patricia -2:00pm	12 Aqua Yoga Chantel- 11:15am Water Walking Patricia- 2:00pm Special Class: Sip N' Stretch 3:30-5:00	13 Water Fusion Lauren - 11:00am Noodle Wednesdays Patricia - 2:00pm	14 Aqua Yoga Ichell- 11:15am Water Walking Patricia- 3:00pm	15 Aqua Cardio-Strength Shannon - 11:00am Aqua Fun Friday Patricia- 2:00pm	
18 Aqua Fiesta Ichell-11:00am -H2O Weights Patricia -2:00pm	19 Aqua Yoga Chantel- 11:15am Water Walking Patricia- 2:00pm	20 Water Fusion Lauren - 11:00am Noodle Wednesdays Patricia - 2:00pm	21 Aqua Yoga Ichell- 11:15am Water Walking Patricia- 3:00pm	22 Aqua Cardio-Strength Shannon - 11:00am Aqua Fun Friday Patricia- 2:00pm	
25 Aqua Fiesta Ichell-11:00am -H2O Weights Patricia -2:00pm	26 Aqua Yoga Chantel- 11:15am Water Walking Patricia- 2:00pm	27 Water Fusion Lauren - 11:00am Noodle Wednesdays Patricia - 2:00pm	28 Aqua Yoga Ichell- 11:15am Water Walking Patricia- 3:00pm	<p>* 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 *If the temperature drops below 60 degrees, class will be cancelled. * A minimum of 3 participants must attend for class to be held. *Aqua Yoga will be back on Tuesday/Thursday at 11:15*Our Annual Sip N' Stretch will be on Tuesday, 2/12 from 3:30-5:00. Get your tickets a the fitness center desk.</p>	