

# September 2021 Pool/Outdoor

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
30 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 9:30 am Aqua Fiesta & Tone Ichell-1030am Tai chi Outdoor work shop Alexis 2:00pm	31 Tai chi Outdoor Alexis 9:00am Aqua Mix Alexis-10:00am Aqua Resistance Patricia- 11:00am	1 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 9:30 am Aqua Fiesta & Tone Ichell-1030am	2 Spinning Kim-8:00 am Tone Up outdoor Alexis- 9:00am yoga Aqua Alexis-10:00am Aqua Resistance Patricia- 11:00am	3 Core & More Outdoor Ilda- 8:30am Aqua Mix Ilda- 930 am	<p>NOTES</p> <p>All Classes are by reservation on <b>FRIDAYS only!</b> To reserve your spots for the following week, email <a href="mailto:idavis@clublink.ca">idavis@clublink.ca</a></p> <p>* All classes are 45 minutes unless otherwise noted.</p> <p>-Pool Class capacity 35 -Outdoor Class capacity 25</p> <p><b>- No guest in classes and no guest in the Gym</b></p> <p><b>Mask policy is Optional but highly recommended</b></p> <p>-Please be respectful and on time for your class.</p> <p>- continue to sanitize your area, etc. around other members. We want everyone to feel comfortable in our fitness department (Gym /Classes).</p> <p>-No cellphone free Zone</p> <p><b>Pool area is closed for classes (That includes the hot tub)</b> <b>All outdoor classes will be in the lanai area except Spinning</b></p>
6 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 9:30 am Aqua fiesta & tone Ichell-1030am	7 Tai chi Outdoor Alexis 9:00am Aqua Mix Alexis-10:00am Aqua Resistance Patricia- 11:00am	8 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 9:30 am Aqua Fiesta & Tone Ichell-1030am	9 Spinning Kim-8:00 am Tone Up outdoor Alexis- 9:00am yoga Aqua Alexis-10:00am Aqua Resistance Patricia- 11:00am	10 Core & More Out Ilda- 8:30am Aqua Mix Ilda- 930 am	
13 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 9:30 am Aqua Fiesta & Tone Ichell-1030am	14 Tai chi Outdoor Alexis 9:00am Aqua Mix Alexis-10:00am Aqua Resistance Patricia- 11:00am	15 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 930 am Aqua Fiesta &Tone Ichell-1030am	16 Spinning Kim-8:00 am Tone Up outdoor Alexis- 9:00am yoga Aqua Alexis-10:00 am Aqua Resistance Patricia- 11:00am	17 Core & More Ilda- 8:30am Aqua Mix Ilda- 930 am	
20 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 9:30 am Aqua Fiesta &Tone Ichell-1030am	21 Tai chi Outdoor Alexis 9:00am Aqua Mix Alexis-10:00am Aqua Resistance Patricia- 11:00am	22 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 930 am Aqua Fiesta & Tone Ichell-1030am	23 Spinning Kim-8:00 am Tone Up outdoor Alexis- 9:00am yoga Aqua Alexis-10:00 am Aqua Resistance Patricia- 11:00am	24 Core & More Ilda- 8:30am Aqua Mix Ilda- 930 am	
27 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 9:30 am Aqua Fiesta &Tone Ichell-1030am	28 Tai chi Outdoor Alexis 9:00am Aqua Mix Alexis-10:00am Aqua Resistance Patricia- 11:00am	29 Body Burn outdoor Nancy- 8:30am Gentle Cardio-Strength H2O Nancy- 930 am Aqua Fiesta & Tone Ichell-1030am	30 Spinning Kim-8:00 am Tone Up outdoor Alexis- 9:00am yoga Aqua Alexis-10:00 am Aqua Resistance Patricia- 11:00am		

