

# January 2019 Land



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Instructors</b> (ID) Ichell Davis (CD) Chantel Dimuzio (LR) Lauren Reale (SC) Shannon Castellanos (RF) Rachel Flick (JU) Janette Ulics (NF) Nancy Flannery	1 <b>No Classes Today</b> 	2 Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (RF) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	3 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	4 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	5/6 Saturday Hip-Hop Toning (LR) 9:00
7 Body Stretch (LR) 8:30 Cardio Dance (LR) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	8 Spinning (CD) 8:30 Barre Above (CD) 9:20 Cardio Dance (JU) 10:15 Line Dancing (JU) 11:05 F. A. Balance (LR) 3:00	9 Body Stretch (LR) 8:15 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	10 Spinning (CD) 8:30 Pilates (CD) 9:20 Step Express (CD) 10:15 Sit and Fit (LR) 3:00	11 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05	12/13 Saturday Zumba (LR) 9:00
14 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	15 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	16 Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	17 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	18 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	19/20 Saturday Hip-Hop Toning (LR) 9:00
21 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	22 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	23 Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	24 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	25 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05	26/27 Saturday Zumba (LR) 9:00
28 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	29 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	30 Barre Stretch (ID) 8:15 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	31 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	Notes *There will be no classes on New Years Day. *Definitions will be held on Wednesdays instead of Pump. *Power Barre Express has been removed from the schedule. *On Tuesday Jan 8th and Thursday Jan 10th, other formats will take place instead of Hip-Hop Toning *Monday Yoga has been added back to the schedule at 11:00 with Rachel!!	