

January 2019 Water



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



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|--|---|--|--|--|-----------------|
| | 1 No Classes Today | 2 Water Fusion <i>Ichell- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i> | 3 Water Walking <i>Patricia- 3:00pm</i> | 4 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i> | 5/6 |
| 7 Aqua Fiesta <i>Lauren-11:00am</i> -H2O Weights <i>Patricia-2:00pm</i> | 8 Aqua Yoga <i>Chantel- 11:15am</i> Water Walking <i>Patricia- 2:00pm</i> | 9 Water Fusion <i>Lauren- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i> | 10 Water Walking <i>Patricia- 3:00pm</i> | 11 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i> | 12/13 |
| 14 Aqua Fiesta <i>Ichell-11:00am</i> -H2O Weights <i>Patricia-2:00pm</i> | 15 Aqua Yoga <i>Ichell- 11:15am</i> Water Walking <i>Patricia- 2:00pm</i> | 16 Water Fusion <i>Lauren- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i> | 17 Water Walking <i>Patricia- 3:00pm</i> | 18 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i> | 19/20 |
| 21 Aqua Fiesta <i>Ichell-11:00am</i> -H2O Weights <i>Patricia-2:00pm</i> | 22 Aqua Yoga <i>Ichell- 11:15am</i> Water Walking <i>Patricia- 2:00pm</i> | 23 Water Fusion <i>Lauren- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i> | 24 Water Walking <i>Patricia- 3:00pm</i> | 25 Aqua Cardio-Strength <i>Shannon- 11:00am</i> Aqua Fun Friday <i>Patricia- 2:00pm</i> | 26/27 |
| 28 Aqua Fiesta <i>Ichell-11:00am</i> -H2O Weights <i>Patricia-2:00pm</i> | 29 Aqua Yoga <i>Ichell- 11:15am</i> Water Walking <i>Patricia- 2:00pm</i> | 30 Water Fusion <i>Lauren- 11:00am</i> Noodle Wednesdays <i>Patricia- 2:00pm</i> | 31 Water Walking <i>Patricia- 3:00pm</i> | Notes: *All classes are cancelled on New Years Day *Aqua Yoga has been removed from Thursday's schedule. * 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 2 participants must attend for class to be held. | |