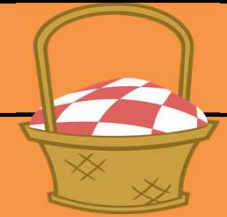
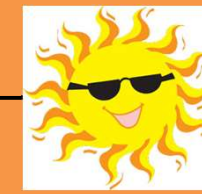




June 2019 Land



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 (KK) Keri Kellam	*The 3:45 Body Sculpting Class on Monday's and Wednesday's is cancelled on June 10th, 12th, 17th, 19th, 24th, and 26th. *The Yoga format on Monday's at 11:00 has been changed to Yoga Stretch on June 10th, 17th, and 24th. *The Yoga class on Wednesday's at 11:00 has been changed to Body Stretch on June 12th, 19th and 26th. *On Wednesday June 5th and Wednesday June 12th, Tone Up will be held instead of Kickboxing Gold. *On Friday June 7th and Saturday June 8th, we will hold Cardio Dance instead of Zumba. *On Monday June 10th Sit and Stretch has been cancelled. *On Tuesday June 11th and Thursday June 13th, Cardio Dance will be held instead of Tone Up. *On Tuesday June 11th, FA Sit and Balance is cancelled.				1/2 Saturday Tone Up (LR) 9:00
3 Body Stretch (JU) 8:30 Cardio Dance (JU) 9:00 Glutes & Abs (ID) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Sit and Stretch (ID) 3:05 Body Sculpting (RF) 3:45	4 Spinning (KK) 8:30 Definitions (KK) 9:20 Tone Up (ID) 10:15 Line Dancing (JU) 11:05 F. A. Sit & Balance (ID) 3:05	5 Barre Stretch (ID) 8:05 Tone Up (ID) 8:45 Glutes & Abs (KK) 9:35 Defintions (KK) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	6 Spinning (CD) 8:30 Pilates (CD) 9:20 Tone Up (ID) 10:15 Sit and Fit (ID) 3:05	7 Cardio Dance (ID) 8:15 Yoga Stretch (ID) 9:00 Glutes & Abs (KK) 9:35 Defintions (KK) 10:05	8/9 Saturday Cardio Dance (JU) 9:00
10 Body Stretch (JU) 8:30 Cardio Dance (JU) 9:00 Glutes & Abs (KK) 9:35 Definitions (KK) 10:05 Body Stretch (TBD) 11:00 Sit and Stretch Cancelled	11 Spinning (CD) 8:30 Barre Above (CD) 9:20 Cardio Dance (JU) 10:15 Line Dancing (JU) 11:05 F.A. Sit & Balance Cancelled	12 Body Stretch (LR) 8:05 Tone Up (LR) 8:45 Glutes & Abs (LR) 9:35 Definitions (KK) 10:05 Body Stretch (LR) 11:00	13 Spinning (CD) 8:30 Pilates (CD) 9:20 Cardio Dance (JU) 10:15 Sit and Fit (LR) 3:05	14 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	15/16 Saturday Tone Up (LR) 9:00
17 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (LR) 10:05 Yoga Stretch (ID) 11:00 Sit and Stretch (ID) 3:05	18 Spinning (CD) 8:30 Barre Above (CD) 9:20 Tone Up (ID) 10:15 Line Dancing (JU) 11:05 F. A. Sit & Balance (ID) 3:05	19 Barre Stretch (ID) 8:05 Kickboxing Gold (NF) 8:45 Glutes & Abs (LR) 9:35 Defintions (KK) 10:05 Body Stretch (LR) 11:00	20 Spinning (CD) 8:30 Pilates (CD) 9:20 Tone Up (ID) 10:15 Sit and Fit (LR) 3:05	21 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Defintions (SC) 10:05	22/23 Saturday Zumba (LR) 9:00
24 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (LR) 10:05 Yoga Stretch (ID) 11:00 Sit and Stretch (ID) 3:05	25 Spinning (CD) 8:30 Barre Above (CD) 9:20 Tone Up (ID) 10:15 Line Dancing (JU) 11:05 F. A.Sit & Balance (ID) 3:05	26 Barre Stretch (ID) 8:05 Kickboxing Gold (NF) 8:45 Glutes & Abs (LR) 9:35 Defintions (KK) 10:05 Body Stretch (LR) 11:00	27 Spinning (CD) 8:30 Pilates (CD) 9:20 Tone Up (ID) 10:15 Sit and Fit (LR) 3:05	28 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	29/30 Saturday Tone Up (LR) 9:00