








May 2019 Land



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>*On Friday, May 3rd, we will hold a special class: Sunshine Yoga at 9:00 am. This will take place at the pool. You can choose to use a mat on the pool deck or get into the pool for the class. Mats will be provided. Bloody Marys and Mimosas will be available for purchase.</p> <p>*On Friday, May 10th, we will be hosting our annual Fit Mom's Day in the Spa Lobby at noon.</p> <p>*On Friday, May 17th & May 31st, we will hold Power Spinning at 11:00am</p> <p>*On Saturday May 4th and May 18th, we will hold Circuit class at 10:00am.</p> <p>*We would like to welcome Keri to our team of instructors! We are so excited to have Keri here at Renaissance.</p> <p>*We will offer morning classes only on Memorial Day (May 27th).</p>		<p>1</p> <p>Barre Stretch (ID) 8:05 Kickboxing Gold (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (KK) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>2</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Tone Up (ID) 10:15 Sit and Fit (LR) 3:05</p>	<p>3</p> <p>Zumba (LR) 8:15 Special Class, Sunshine Yoga (SC) 9:00am on the pooldeck OR in the pool (you choose) Glutes & Abs (SC) Cancelled Defintions (SC) 10:05</p> 	<p>4/5</p> <p>Saturday</p> <p>Tone Up (LR) 9:00 Circuit (LR) 10:00</p> 
<p>6</p> <p>Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Sit and Stretch (ID) 3:05 Body Sculpting (RF) 3:45</p>	<p>7</p> <p>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</p>	<p>8</p> <p>Barre Stretch (ID) 8:05 Kickboxing Gold (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (KK) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>9</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Tone Up (ID) 10:15 Sit and Fit (LR) 3:05</p>	<p>10</p> <p>Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05</p> <p>Fit Mom's Day at 12:00pm in the spa lobby.</p> 	<p>11/12</p> <p>Saturday</p> <p>Zumba (LR) 9:00</p>
<p>13</p> <p>Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Sit and Stretch (ID) 3:05 Body Sculpting (RF) 3:45</p>	<p>14</p> <p>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</p>	<p>15</p> <p>Barre Stretch (ID) 8:05 Kickboxing Gold (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (KK) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>16</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Tone Up (ID) 10:15 Sit and Fit (LR) 3:05</p>	<p>17</p> <p>Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05 Power Spinning (ID) 11:00</p>	<p>18/19</p> <p>Saturday</p> <p>Tone Up (LR) 9:00 Circuit (LR) 10:00</p> 
<p>20</p> <p>Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Sit and Stretch (ID) 3:05 Body Sculpting (RF) 3:45</p>	<p>21</p> <p>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</p>	<p>22</p> <p>Barre Stretch (ID) 8:05 Kickboxing Gold (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (KK) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>23</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Tone Up (ID) 10:15 Sit and Fit (LR) 3:05</p>	<p>24</p> <p>Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05</p>	<p>25/26</p> <p>Saturday</p> <p>Zumba (LR) 9:00</p>
<p>27</p> <p>Body Stretch (LR) 8:30 Cardio Dance (LR) 9:00 Glutes & Abs (LR) 9:35 Definitions (LR) 10:05</p> 	<p>28</p> <p>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</p>	<p>29</p> <p>Barre Stretch (ID) 8:05 Kickboxing Gold (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (KK) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45</p>	<p>30</p> <p>Spinning (CD) 8:30 Pilates (CD) 9:20 Step Express (CD) 10:15 Sit and Fit (LR) 3:05</p>	<p>31</p> <p>Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05 Power Spinning (ID) 11:00</p>	<p>Instructors</p> <p>(ID) Ichell Davis (CD) Chantel Dimuzio (LR) Lauren Reale (SC) Shannon Castellanos (RF) Rachel Flack (JU) Janette Ulics (NF) Nancy Flannery (KK) Keri Kellam</p>