




May 2019 Water

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 this class. Mats will be provided. Bloody Marys and Mimosas will be available for purchase. *On Friday, May 10th, we will be hosting our annual Fit Mom's Day in the Spa Lobby at noon. *We would like to welcome Keri to our team of instructors! We are so excited to have Keri here at Renaissance. *Due to the Memorial Day Pool Party, Aqua Fiesta is cancelled on Memorial Day</p>		<p>1</p> <p>Noodle Wednesdays <i>Patricia-</i> 10:00am</p> <p>Water Fusion <i>Keri-</i>11:00am</p>	<p>2</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Ichell-</i> 11:15am</p>	<p>3</p> <p>Special Class:  Sunshine Yoga-<i>Shannon-</i> 9:00am on the pooldeck OR in the pool (you choose)</p> <p>Aqua Fun Friday <i>Patricia-</i> 10:00am</p> <p>Aqua Cardio-Strength <i>Shannon-</i> 11:00am</p>	
<p>6</p> <p>H2O Weights <i>Patricia-</i>10:00am</p> <p>Aqua Fiesta <i>Ichell-</i>11:00am</p>	<p>7</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Chantel-</i>11:15am</p>	<p>8</p> <p>Noodle Wednesdays <i>Patricia-</i> 10:00am</p> <p>Water Fusion <i>Keri-</i>11:00am</p>	<p>9</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Ichell-</i> 11:15am</p>	<p>10</p> <p>Aqua Fun Friday <i>Patricia-</i> 10:00am</p> <p>Aqua Cardio-Strength <i>Shannon-</i> 11:00am</p> <p> Fit Mom's Day at 12:00 in the spa lobby.</p>	
<p>13</p> <p>H2O Weights <i>Patricia-</i>10:00am</p> <p>Aqua Fiesta <i>Lauren-</i>11:00am</p>	<p>14</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Chantel-</i> 11:15am</p>	<p>15</p> <p>Noodle Wednesdays <i>Patricia-</i> 10:00am</p> <p>Water Fusion <i>Keri-</i>11:00am</p>	<p>16</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Ichell-</i> 11:15am</p>	<p>17</p> <p>Aqua Fun Friday <i>Patricia-</i> 10:00am</p> <p>Aqua Cardio-Strength <i>Shannon-</i> 11:00am</p>	
<p>20</p> <p>H2O Weights <i>Patricia-</i>10:00am</p> <p>Aqua Fiesta <i>Ichell-</i>11:00am</p>	<p>21</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Chantel-</i>11:15am</p>	<p>22</p> <p>Noodle Wednesdays <i>Patricia-</i> 10:00am</p> <p>Water Fusion <i>Keri-</i>11:00am</p>	<p>23</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Ichell-</i> 11:15am</p>	<p>24</p> <p>Aqua Fun Friday <i>Patricia-</i> 10:00am</p> <p>Aqua Cardio-Strength <i>Shannon-</i> 11:00am</p>	
<p>27</p> <p>H2O Weights <i>Patricia-</i>10:00am</p> <p></p>	<p>28</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Chantel-</i>11:15am</p>	<p>29</p> <p>Noodle Wednesdays <i>Patricia-</i> 10:00am</p> <p>Water Fusion <i>Keri-</i>11:00am</p>	<p>30</p> <p>Water Walking <i>Patricia-</i> 10:00am</p> <p>Aqua Yoga <i>Ichell-</i> 11:15am</p>	<p>31</p> <p>Aqua Fun Friday <i>Patricia-</i> 10:00am</p> <p>Aqua Cardio-Strength <i>Shannon-</i> 11:00am</p>	