





October Aqua/Land 2020

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday	
<p>*Due to the safety of instructors, the following classes will be canceled if the pool deck is wet: Aqua Fiesta, and fusion. *In the event of inclement weather, aqua class will be cancelled. Inclement weather includes rain, hail, thunder, lightning, or temperatures below 60 degrees. outdoor option is available * A minimum of 3 participants must attend for class to be held. . * All Water classes are 45 minutes unless otherwise noted. NEW CLASSES: For the month of October Club Renaissance fitness center group classes will be adding 1 new classes Aqua/Fusion class on Saturdays at 9 AM . Water fusion is a combination of Aqua fiesta format (cardio water exercise) and Aqua yoga Special class on Saturday, October 31 it will be Fiesta/Yoga, Land/Water class 11:15 classes they've been modified to be able to do it on land and water at the same time</p>			1		2	3
			Tone up Aqua/Land Ichell-9:00 am Power Walk and Stretch <i>Patricia</i> - 10:15am Aqua/Land Yoga <i>Alexis</i> -11:15am	Aqua Fun <i>Patricia</i> - 10:15am Aqua/Land Fiesta <i>Alexis</i> -11:15am	Aqua/Land Fusion <i>Alexis</i> -10:15am	
5	6	7	8	9	10	
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19	20	21	22	23	24	
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26	27	28	29	30	31	
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