



AUGUST 2026 POOL

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245
IDAVIS@CLUBLINK.CA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <u>H2O</u> <u>Cardio-Strength</u> 9:30am-KB <u>Aqua Motion & Tone</u> 10:15am-KB	4 <u>Aqua Tone up</u> - 9:30 am-AM <u>Aqua Yoga Express</u> -10:15am-AM	5 <u>Aqua Cardio</u> 9:30am-MT <u>Aqua Balance express</u> -10:15am-MT	6 <u>Aqua Cardio-Strength</u> - 9:30 am-CD <u>Aloha Flow Express</u> -10:15am-CD	7 <u>Aqua Cardio</u> - 9:30 am-CD <u>Aqua Flow Express</u> 1015 am -CD	
10 <u>H2O</u> <u>Cardio-Strength</u> 9:30am-KB <u>Aqua Motion & Tone</u> 10:15am-KB	11 <u>Aqua Tone up</u> - 9:30 am-AM <u>Aqua Yoga Express</u> -10:15am-AM	12 <u>Aqua Cardio</u> 9:30am-MT <u>Aqua Balance express</u> - 10:15am-MT	13 <u>Aqua Cardio-Strength</u> - 9:30 am-CD <u>Aloha Flow Express</u> -10:15am-CD	14 <u>Aqua Cardio</u> - 9:30 am-CD <u>Aqua Flow Express</u> 1015 am -CD	
17 <u>H2O</u> <u>Cardio-Strength</u> 9:30am-KB <u>Aqua Motion & Tone</u> 10:15am-KB	18 <u>-Aqua Tone up</u> - 9:30 am-AM <u>Aqua Yoga express</u> -10:15am-AM	19 <u>Aqua Cardio</u> 9:30am-MT <u>Aqua Balance express</u> -10:15am-MT	21 <u>Aqua Cardio-Strength</u> - 9:30 am-CD <u>Aloha Flow Express</u> -10:15am-CD	21 <u>Aqua Cardio</u> - 9:30 am-CD <u>Aqua Flow Express</u> 1015 am -CD	
24 <u>H2O</u> <u>Cardio-Strength</u> 9:30am-KB <u>Aqua Motion & Tone</u> 10:15am-KB	25 <u>Aqua Tone up</u> - 9:30 am-AM <u>Aqua Yoga express</u> -10:15am-AM	26 <u>Aqua Cardio</u> 9:30am-MT <u>Aqua Balance express</u> - 10:15am-MT	27 <u>Aqua Cardio-Strength</u> - 9:30 am-CD <u>Aloha Flow Express</u> -10:15am-CD	28 <u>Aqua Cardio</u> - 9:30 am-CD <u>Aqua Flow Express</u> 1015 am -CD	
31 <u>H2O</u> <u>Cardio-Strength</u> 9:30am-KB <u>Aqua Motion & Tone</u> 10:15am-KB					