



AUGUST 2025 POOL

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245
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				1 Aqua Tone Up - 9:30 am- <u>NF</u>	
4 H2O Cardio-Strength 9:30am- <u>KB</u> Aqua Motion & Tone 10:15am- <u>KB</u>	5 Aqua Tone up - 9:30 am- <u>NF</u> Aqua Balance -10:15am- <u>NF</u>	6 H2O Intervals 9:30am- <u>KB</u> Aqua Zumba- 10:15am- <u>MT</u>	7 Aqua Flow - 9:30 am- <u>AM</u>	8 Aqua Tone Up - 9:30 am- <u>NF</u>	
11 H2O Cardio-Strength 9:30am- <u>KB</u> Aqua Motion & Tone 10:15am- <u>KB</u>	12 -Aqua Tone up - 9:30 am- <u>NF</u> Aqua Balance express -10:15am- <u>NF</u>	13 H2O Mix 9:30am- <u>KB</u> Aqua Zumba- 10:15am- <u>MT</u>	14 Aqua Power - 9:30 am- <u>CL</u> Aqua Balance express -10:15am- <u>CL</u>	15 Aqua Tone Up - 9:30 am- <u>NF</u>	
18 H2O Cardio-Strength 9:30am- <u>KB</u> Aqua Motion & Tone 10:15am- <u>KB</u>	19 Aqua Tone up - 9:30 am- <u>NF</u> Aqua Balance express -10:15am- <u>NF</u>	20 H2O Intervals 9:30am- <u>KB</u> Aqua Zumba- 10:15am- <u>MT</u>	21 Aqua Power - 9:30 am- <u>CL</u> Aqua Balance express -10:15am- <u>CL</u>	22 Aqua Tone Up - 9:30 am- <u>NF</u>	
25 H2O Cardio-Strength 9:30am- <u>KB</u> Aqua Motion & Tone 10:15am- <u>KB</u>	26 Aqua Tone up - 9:30 am- <u>NF</u> Aqua Balance express -10:15am- <u>NF</u>	27 H2O Intervals 9:30am- <u>KB</u> Aqua Zumba- 10:15am- <u>MT</u>	28 Aqua Power - 9:30 am- <u>CL</u> Aqua Balance express -10:15am- <u>CL</u>	29 Aqua Tone Up - 9:30 am- <u>NF</u>	