



# DECEMBER INDOOR 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump -930-<u>ID</u></b> <b>Yoga Flow-10:30am -<u>RF</u></b> <b>Balance &amp; Beyond</b> <b>3:30pm-<u>KB</u></b>	<sup>2</sup> <b>Spinning-8:00 am-<u>LM</u></b> <b>Tone Up-9:00am-<u>ID</u></b> <b>Pilates - 10:00am-<u>RF</u></b> <b>Healing Flow-</b> <b>11:00am-<u>AM</u></b>	<sup>3</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump-9:30am-<u>ID</u></b> <b>Yoga Flow-10:30am-<u>RF</u></b> <b>Aging fit-3:30pm-<u>MT</u></b>	<b>Spinning-8:00 am-<u>CL</u></b> <b>Tone Up-9:00 am-<u>ID</u></b> <b>Deep Stretch-10:00am-</b> <b><u>YS</u></b>	<sup>5</sup> <b>Body Burn- 8:00am-<u>NF</u></b> <b>Kick Boxing -8:45am-<u>NF</u></b> <b>S /H &amp; meditation</b> <b>11:15am-<u>AM</u></b>	<sup>6</sup> <b>Spinning-8:30am-<u>CL</u></b> <b>Circuit Burn-9:30am-<u>KB</u></b>
<sup>8</sup> <b>Body Burn- 8:30am-<u>RF</u></b> <b>Cardio Pump -930-<u>ID</u></b> <b>Yoga Flow-10:30am -<u>RF</u></b> <b>Balance &amp; Beyond</b> <b>-3:30pm-<u>KB</u></b>	<sup>9</sup> <b>Spinning-8:00 am-<u>CL</u></b> <b>Tone Up-9:00am-<u>ID</u></b> <b>Pilates - 10:00am-<u>RF</u></b> <b>Healing Flow-</b> <b>11:00am-<u>AM</u></b> <b>Chair Yoga-330pm-<u>RF</u></b>	<sup>10</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump-9:30am-<u>ID</u></b> <b>Yoga Flow-10:30am-<u>RF</u></b> <b>Aging fit-3:30pm-<u>KB</u></b>	<sup>11</sup> <b>Spinning-8:00 am-<u>CL</u></b> <b>Tone Up-9:00 am-<u>ID</u></b> <b>Deep Stretch-10:00am-</b> <b><u>YS</u></b>	<sup>12</sup> <b>Body Burn- 8:00am-<u>NF</u></b> <b>Kick Boxing -8:45am-<u>NF</u></b> <b>S /H &amp; meditation</b> <b>11:15am-<u>AM</u></b>	<sup>13</sup> <b>Spinning-8:30am-<u>CL</u></b> <b>Circuit Burn-9:30am</b> <b><u>KB</u></b>
<sup>15</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump -930-<u>ID</u></b> <b>Yoga Flow-10:30am -<u>RF</u></b> <b>Balance &amp; Beyond -</b> <b>3:30pm-<u>RF</u></b>	<sup>16</sup> <b>Spinning-8:00 am- <u>CL</u></b> <b>Tone Up-9:00 am-<u>ID</u></b> <b>Pilates - 10:00am-<u>RF</u></b> <b>Healing Flow-11:00 am</b> <b>-AM</b> <b>Chair Yoga-330pm-<u>RF</u></b>	<sup>17</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump-9:30am-<u>ID</u></b> <b>Yoga Flow-10:30am-<u>RF</u></b> <b>Aging fit-3:30pm- <u>RF</u></b>	<sup>18</sup> <b>Spinning-8:00am-<u>CL</u></b> <b>Tone Up-9:00am-<u>ID</u></b> <b>Deep Stretch-10:00am-</b> <b><u>YS</u></b>	<sup>19</sup> <b>Body Burn- 8:00am-<u>NF</u></b> <b>Kick Boxing -8:45am-<u>NF</u></b> <b>S /H &amp; meditation</b> <b>11:15am-<u>AM</u></b>	<sup>20</sup> <b>Spinning-8:30am-<u>CL</u></b> <b>Circuit Burn-9:30am-<u>CL</u></b>
<sup>22</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump -930-<u>ID</u></b> <b>Yoga Flow-10:30am-<u>RF</u></b> <b>Balance &amp; Beyond -</b> <b>3:30pm-<u>RF</u></b>	<sup>23</sup> <b>Spinning-8:00 am-<u>LM</u></b> <b>Tone Up-9:00 am-<u>ID</u></b> <b>Pilates - 10:00am-<u>RF</u></b> <b>Healing Flow-11:00 am</b> <b>-AM</b> <b>Chair Yoga-330pm-<u>RF</u></b>	<sup>24</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump-9:30am-<u>ID</u></b> <b>Yoga Flow-10:30am-<u>RF</u></b>	<sup>25</sup>		
<sup>29</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump -930-<u>ID</u></b> <b>Yoga Flow-10:30am-<u>RF</u></b> <b>Balance &amp; Beyond -</b> <b>3:30pm-<u>RF</u></b>	<sup>30</sup> <b>Spinning-8:00 am-<u>LM</u></b> <b>Tone Up-9:00 am-<u>ID</u></b> <b>Pilates - 10:00am-<u>RF</u></b> <b>Healing Flow-11:00 am -</b> <b>AM</b> <b>Chair Yoga-330pm-<u>RF</u></b>	<sup>31</sup> <b>Body Burn- 8:30am-<u>YS</u></b> <b>Cardio Pump-9:30am-<u>ID</u></b> <b>Yoga Flow-10:30am-<u>RF</u></b>			