



DECEMBER 2025 POOL

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 H2O Cardio-Strength 9:30am- CL Aqua Mix Express 10:15am- CL	2 Aqua Tone - 9:30 am- NF Aqua Balance Express -10:15am- NF	3 H2O Mix 9:30am- MT Aqua Zumba - 10:15am- MT	4 Aqua Fiesta - 9:30 am- AM Aqua Pilates Express -10:15am- AM	5 Aqua Tone - 9:30 am- NF Aqua Yoga 1015 am - AM	
8 H2O Cardio-Strength 9:30am- MT Aqua Mix express 10:15am- MT	9 Aqua Tone - 9:30 am- NF Aqua Balance Express -10:15am- NF	10 H2O Mix 9:30am- MT Aqua Zumba - 10:15am- MT	11 Aqua Fiesta - 9:30 am- AM Aqua Pilates Express -10:15am- AM	12 Aqua Tone - 9:30 am- NF Aqua Yoga 1015 am - AM	
15 H2O Cardio-Strength 9:30am- CL Aqua Mix express 10:15am- CL	16 -Aqua Tone - 9:30 am- NF Aqua Balance Express -10:15am- NF	17 H2O Mix 9:30am- CL Aqua Balance express - 10:15am- CL	18 Aqua Fiesta - 9:30 am- AM Aqua Pilates Express -10:15am- AM	19 Aqua Tone - 9:30 am- NF Aqua Yoga 1015 am - AM	
22 H2O Cardio-Strength 9:30am- CL Aqua Mix express 10:15am- CL	23 Aqua Tone - 9:30 am- NF Aqua Balance Express -10:15am- NF	24 H2O Mix 9:30am- CL	25 	26 	
29 H2O Cardio-Strength 9:30am- CL Aqua Mix express 10:15am- CL	30 Aqua Tone - 9:30 am- NF Aqua Balance Express -10:15am- NF	31 H2O Mix 9:30am- CL			