



OCTOBER 2025 POOL

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>H2O Mix</u> 9:30am-MT <u>Aqua Zumba Express-</u> 10:15am-MT	2 <u>Aqua Power</u> - 9:30 am-CL <u>Aqua Balance Express</u> -10:15am-CL	3 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Yoga-</u> 1015 am -AM	
6 <u>H2O Cardio-Strength</u> 9:30am-CL <u>Aqua Motion Express</u> 10:15am-CL	7 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Balance Express</u> -10:15am-NF	8 <u>H2O Mix</u> 9:30am-MT <u>Aqua Zumba Express-</u> 10:15am-MT	9 <u>Aqua Pilates</u> - 9:30 am-AM <u>Aqua Balance Express</u> -10:15am-AM	10 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Yoga</u> 1015 am -AM	
13 <u>H2O Cardio-Strength</u> 9:30am-MT <u>Aqua Motion Express</u> 10:15am-MT	14 <u>-Aqua Tone</u> - 9:30 am-NF <u>Aqua Balance Express</u> -10:15am-NF	15 <u>H2O Mix</u> 9:30am-MT <u>Aqua Zumba Express-</u> 10:15am-MT	16 <u>Aqua Power</u> - 9:30 am-CL <u>Aqua Balance Express</u> -10:15am-CL	17 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Balance express</u> 1015 am -AM	
20 <u>H2O Cardio-Strength</u> 9:30am-MT <u>Aqua Motion Express</u> 10:15am-MT	21 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Balance Express</u> -10:15am-NF	22 <u>H2O Mix</u> 9:30am-MT <u>Aqua Zumba express-</u> 10:15am-MT	23 <u>Aqua Power</u> - 9:30 am-CL <u>Aqua Balance Express</u> -10:15am-CL	24 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Yoga</u> 1015 am -AM	
27 <u>H2O Cardio-Strength</u> 9:30am-MT <u>Aqua Motion Express</u> 10:15am-MT	28 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Balance Express</u> -10:15am-NF	29 <u>H2O Mix</u> 9:30am-MT <u>Aqua Zumba express-</u> 10:15am-MT	30 <u>Aqua Power</u> - 9:30 am-CL <u>Aqua Balance Express</u> -10:15am-CL	31 <u>Aqua Tone</u> - 9:30 am-NF <u>Aqua Yoga</u> 1015 am -AM	