



## RENAISSANCE ACCESS FITNESS SCHEDULE

Effective 11/1/2021

Questions? Call Fitness Center 941-371-6000

Class Name	Days	Start Time	Duration	Cost	How to Pay	Preregistration Required	Zoom/ In-person	How to Register	Instructor
Balance	Fr	11:00	25	\$ 10.00	cash to instructor	yes- 48hrs	In Person	<a href="tel:941-735-0099">941-735-0099</a>	Rebecca
Gentle Yoga	TH	4:00	60	\$12.00	Venmo or PayPal	yes -48hrs	zoom	<a href="mailto:cheryl@gardenoftheheartyyoga.com">cheryl@gardenoftheheartyyoga.com</a>	Cheryl
Mixed Levels Yoga	Tu	10:15	60	\$12.00	cash to instructor	yes- 72hrs	In Person	<a href="mailto:fitnessfrontdesk@meadowscc.org">fitnessfrontdesk@meadowscc.org</a>	Nancy
Mixed Levels Yoga	Wed	6:00 PM	60	\$12.00	cash to instructor	yes -72hrs	In Person	<a href="mailto:fitnessfrontdesk@meadowscc.org">fitnessfrontdesk@meadowscc.org</a>	Nancy
Golf Yoga	M & W	10:00	60	\$12.00	cash to instructor	yes -48hrs	In Person	<a href="mailto:fitnessfrontdesk@meadowscc.org">fitnessfrontdesk@meadowscc.org</a>	Sage
Stretch & Tone	Tu	8:30	50	FREE	NA	yes- 48hrs	Zoom & in person	<a href="mailto:fitnessfrontdesk@meadowscc.org">fitnessfrontdesk@meadowscc.org</a>	TBD
Stretch & Tone	TH	8:30	50	FREE	NA	yes -48hrs	Zoom & in person	<a href="mailto:fitnessfrontdesk@meadowscc.org">fitnessfrontdesk@meadowscc.org</a>	Penelope
Tai Chi	M,W & Sa	8:45	60	\$7.00	cash to instructor	yes -48hrs	In Person	<a href="mailto:srqmurph1@gmail.com">srqmurph1@gmail.com</a>	Mike
Water Aerobics	M & W	10:30	50	FREE	NA	yes -72hrs	In Person	<a href="mailto:fitnessfrontdesk@meadowscc.org">fitnessfrontdesk@meadowscc.org</a>	Margie
Zumba	M	7:00	55	\$5.00	cash to instructor	yes -48hrs	Zoom & in person	<a href="mailto:fitnessfrontdesk@meadowscc.org">fitnessfrontdesk@meadowscc.org</a>	Gabrielle

Monday-Friday 7:30 AM-7 PM, Saturday 8 AM-4 PM, Sunday 9 AM-1 PM (Excluding holidays)

Orientation must be completed prior to the use of the equipment. email; [cromeo@theiconteam.com](mailto:cromeo@theiconteam.com) to schedule your zoom appointment.

Current pool hours: 7:15 AM-6:00 PM, excluding inclement weather, during water aerobics classes and private events.

The pool is currently closed for water aerobics Monday, Wednesday from 10:20-12:30 & Friday from 11:50 AM-1:00 PM

Schedules are subject to change. Questions regarding classes- [fitnessfrontdesk@meadowscc.org](mailto:fitnessfrontdesk@meadowscc.org)