



## RENAISSANCE ACCESS FITNESS SCHEDULE

Effective 6/21/2023

Questions? Call Fitness Center 941-371-6000 x7

Class Name	Days	Start Time	Duration	Cost	How to Pay	Preregistration Required	Zoom/ In-person	How to Register	Instructor
Balance	Mon	11:00	25	\$12.00	cash to instructor	yes-	In Person	<a href="tel:941-735-0099">941-735-0099</a>	Rebecca
Body Activation	Thur	10:30	30	FREE	NA	yes	Zoom	<a href="mailto:chris@nonfictionfitness.com">chris@nonfictionfitness.com</a>	Chris
Mixed Levels Yoga	Tu	10:15	60	\$15.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowsc.org">www.meadowsc.org</a>	Nancy
Mixed Levels Yoga	Wed	6:00 PM	60	\$15.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowsc.org">www.meadowsc.org</a>	Nancy
Stretch & Tone	Tu	8:30	50	FREE	NA	yes-up to 8 days out	Zoom & in person	<a href="http://www.meadowsc.org">www.meadowsc.org</a>	Crystal
Stretch & Tone	TH	8:30	50	FREE	NA	yes-up to 8 days out	Zoom & in person	<a href="http://www.meadowsc.org">www.meadowsc.org</a>	Penelope
Tai Chi	M,W&F	8:45	60	\$10.00	cash to instructor	yes-up to 8 days out	In Person	<a href="tel:941-284-6820">941-284-6820</a>	Mike
Water Aerobics	M,W & F	9:30	50	FREE	NA	yes-up to 8 days out	In Person	<a href="http://www.meadowsc.org">www.meadowsc.org</a>	Margie

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

To work out in the Fitness Center you must complete the orientation or health history/liability waiver prior to the use of the equipment.

To schedule your fitness orientations via Zoom email; [cromeo@theiconteam.com](mailto:cromeo@theiconteam.com).

To schedule your health history waiver email [fitnessfrontdesk@meadowsc.org](mailto:fitnessfrontdesk@meadowsc.org) or call 941-371-6000 x 7

Current pool hours: 7:15 AM-8:00 PM, excluding inclement weather, during water aerobics classes and private events. The pool is closed for water aerobics

Monday, Wednesday & Friday from 8:20-10:30

Check with the fitness center on all schedules, as they are subject to change.