

**RENAISSANCE ACCESS FITNESS SCHEDULE**

Effective 2/9/2024

Questions? Call Fitness Center 941-371-6000 x6

Class Name	Days	Start Time	Duration	Cost	How to Pay	Preregistration Required	Zoom/ In-person	How to Register	Instructor
Balance	Mon	11,11:30, 12:00	25	\$12.00	cash to instructor	yes-	In Person	<a href="tel:941-735-0099">941-735-0099</a>	Rebecca
Balance	Fri	12:30	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
Music & Movement	Fri	10:00 & 11:15	60	\$10.00	cash to instructor	yes-up to 8 days out	In Person	<a href="mailto:lindajoffe534@gmail.com">lindajoffe534@gmail.com</a>	Linda
Golf Yoga	W	10:00	60	\$15.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowssc.org">www.meadowssc.org</a>	Sage
Golf Yoga	M	11:00	60	\$15.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowssc.org">www.meadowssc.org</a>	Sage
Yoga	Tu	10:00	60	\$15.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowssc.org">www.meadowssc.org</a>	Nancy
Yoga	Wed	6:00 PM	60	\$15.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowssc.org">www.meadowssc.org</a>	Nancy
Stretch & Tone	Tu	8:30	50	FREE	NA	yes-up to 8 days out	Zoom & in person	<a href="http://www.meadowssc.org">www.meadowssc.org</a>	Crystal
Stretch & Tone	TH	8:30	50	FREE	NA	yes-up to 8 days out	Zoom & in person	<a href="http://www.meadowssc.org">www.meadowssc.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	11:30	50	FREE	NA	yes-up to 8 days out	In Person	<a href="http://www.meadowssc.org">www.meadowssc.org</a>	Margie/ Barbara
QiGong	Tu & Th	10:00	60	\$10.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowssc.org">www.meadowssc.org</a>	Gloria

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@meadowssc.org](mailto:fitnessfrontdesk@meadowssc.org) or call 941-371-6000 x 6      Current pool & spa hours: 7:30AM-6PM