



RENAISSANCE ACCESS FITNESS SCHEDULE

Effective 6/2/2024

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
Body Activation	Thur	10:30	30	FREE	NA	yes	Zoom	chris@nonfictionfitness.com	Chris
Every Body's Yoga	W	5:00	60	\$15.00	cash to instructor	yes-up to 8 days out	In Person	www.meadowsgcc.org	Sage
Stretch & Tone	T & TH	8:30	50	FREE	NA	yes-up to 8 days out	Zoom & in person	www.meadowsgcc.org	Chris B
Tai Chi	M, W, & F	8:45	60	\$10.00	cash to instructor	yes-up to 8 days out	In Person	941-284-6820	Mike
Water Aerobics	M,W & F	9:30	50	FREE	NA	yes-up to 8 days out	In Person	www.meadowsgcc.org	Margie/ Barbara

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.

To schedule your health history waiver email fitnessfrontdesk@meadowsgcc.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.