



**RENAISSANCE ACCESS FITNESS SCHEDULE**

Effective 1/1/2025

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	25	\$15.00	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	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
Yoga	Mon	5:00 PM	60	\$17.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowsgcc.org">www.meadowsgcc.org</a>	Cheryl
Yoga	Tu	10:00	60	\$17.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowsgcc.org">www.meadowsgcc.org</a>	Nancy
Yoga	Wed	5:00 PM	60	\$17.00	cash to instructor	yes-up to 8 days out	In Person	<a href="http://www.meadowsgcc.org">www.meadowsgcc.org</a>	Nancy
Stretch & Tone	Tu & Thur	8:30	50	FREE	NA	yes-up to 8 days out	Zoom & in person	<a href="http://www.meadowsgcc.org">www.meadowsgcc.org</a>	Faith
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.meadowsgcc.org">www.meadowsgcc.org</a>	Margie/ Barbara