



Renaissance Access Fitness Classes

| class name | days | start time | duration | cost | how to pay | preregistration required | how to register | instructor |
|--------------------|----------|------------|----------|----------|--------------------|--------------------------|--|------------|
| RAP Water Aerobics | T & TH | 8:30 | 50 | \$5.00 | cash to instructor | yes- 72hrs | fitnessfrontdesk@meadowsgc.org | Margie |
| Gentle Yoga | TH | 4:00 | 60 | \$12.00 | Venmo or PayPal | yes -48hrs | cheryl@gardenoftheheartyyoga.com | Cheryl |
| Yin Yoga | M | 11:30 | 75 | \$12.00 | Venmo or PayPal | yes- 48hrs | radiantsoulyogawellness@gmail.com | Patty |
| All Levels Yoga | TU & FRI | 9:00 | 75 | \$12.00 | Venmo or PayPal | yes -48hrs | radiantsoulyogawellness@gmail.com | Patty |
| Sports Yoga | W | 10:00 | 60 | \$12.00 | Venmo or PayPal | yes- 48hrs | sage@golfyogafitness.com | Sage |
| Balance | Fr | 9:30 | 25 | \$ 10.00 | cash to instructor | yes- 48hrs | bookins619@hotmail.com | Rebecca |
| Stretch & Tone | Tu | 8:45 | 50 | \$5.00 | cash to instructor | yes- 48hrs | bookins619@hotmail.com | Rebecca |
| Stretch & Tone | TH | 8:30 | 50 | \$5.00 | cash to instructor | yes -48hrs | penelopespanache@verizon.net | Penelope |