

JANUARY GROUP FITNESS UPDATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin® 8am Parker L.	Xtreme Workout 6am (court) Sarah S.	Spin® 6am Sue M.	Xtreme Workout 6am (court) Sarah S.	Spin® 6am Carisa C.	Zumba 8am Ana H.	Spin® 9am Rotation
Balance & Stretch 8am Aireal Y.	Mat Pilates 8am Kelly G.	Mat Pilates 8am Ildi B.	Mat Pilates 8am Kelly G.	Sunrise Yoga 6:30am Aireal Y.	Spin® 8:30am Rotation	TBC 10am (court) Carla & Sarah
Power Hour 9am Parker L.	Chair Yoga 9am Robbi W.	Power Hour 9am Parker L.	Spin® 9am Kevin L.	Balance & Stretch 8am Aireal Y.	Mat Pilates 9am Maureen H.	
Jazzercise 9am (court) Julie & subs	Spin® 9am Kevin L.	Pilates Reformer 9am Noelle S. \$	Chair Yoga 9am Robbi w.	Spin® 8am Nicole K.	Aqua Zumba 9:30am (lg pool) Sandy B.	
Pilates Reformer 9am Noelle S. \$	Pilates Reformer 9am Kelly G. \$	Pilates Reformer 10am Trish R. \$	Pilates Reformer 9am Kelly G. \$	Yogalates 9am Trish R.	Core Vinyasa Yoga 10am – Parker L.	
Aqua Motion 10am (lg pool) Margie T.	Aqua Challenge 10am (lg pool) Margie T.	Aqua Motion 10am (lg pool) Margie T.	Therapeutic Yoga 10am Robbi W.	Pilates Reformer 9am Noelle S. \$	Tai Chi 11am Sandy B.	
Core n' More 10am Sarah S	Gentle Motion 10am (sm pool) Robbi W.	Multi-Level Yoga 10am Ildi B.	Aqua Challenge 10am (lg pool) Kim D	Jazzercise 10am (court) Julie R. & subs		
Pilates Reformer 10am Noelle P. \$	Pilates Reformer 10am Trish R. \$	Beginner Zumba 11am Ana H.	Pilates Reformer 10am Trish R. \$	Pilates Reformer 10am Noelle S. \$		
Fundamental Yoga 11am Deb T.	Whopping Movers 11am (court) Kevin L.	InBalance 11am (court) Jared Z. \$	Back in Action 11am (sm pool) Parker L.	Gentle Flow Yoga 10am Deb T.		
InBalance 11am (court) Brooke S. \$	Total Body Conditioning 11am - Kim D	Senior Fitness 12pm Robbi W.	Total Body Conditioning 11am – Kim D.	Pump H2O 10am (lg pool) Kim Dinnell		
PwP 11 am Parker & Scott	Healthy Hearts 11am Kyle S. \$	Powerplex 5:30pm (court) Mark M.	Healthy Hearts 11am Haley C. \$	Restorative Vinyasa Flow 11am - Deniese K.		
Therapeutic Splash 12pm (sm pool) Sandy B.	Cardio Kickbox 5:30pm Kelly G. (court)	Aqua Tai Chi 6pm (sm pool) Sandy B.	Fitness Forward 12pm Brooke S. \$	Whopping Movers 11am - Joanna N.		
Bone Builders 12pm Scott H. \$	Zumba 5:30pm Ana H.	Zumba 6:30pm Carla P	Cardio Dance 5pm Sandy B.	Mindful Meditation 12 pm Noelle S.		
Fitness Forward 12pm Doug S. \$	Aqua Challenge 6pm (lg pool) Margie T.	Spin® 6:30pm Mark M.	TRX 5:30pm (court) Trish R	PwP 12 pm Kevin & Barrie		
Mindful Meditation 12pm Noelle P.	Vinyasa Yoga 6:30pm Margie P.		Yogalates 6:30pm Parker L.	Bone Builders 12pm Scott H. \$		
Senior Fitness 12:15pm Ana H.	Pilates Reformer 6:30pm Kelly G. \$			Senior Fitness 12:15pm Ana H.		
Aqua Tai Chi 5pm (sm pool) Sandy B.				Foam Rollers 5pm Kim D.		
Xtreme Workout 5:30pm Deniese K.				Therapeutic Yoga 6pm – Margie P	\$ Fee Based Class Registration Required	
Zumba 6:30pm Carla P.						
Tai Chi 6:30pm Sandy B.						
Spin® 6:30 pm Mark M.						

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Schedule of events can be found on our website www.smhfit.com

(Events are open to the public)

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Join in the Month of January:

Be entered to win a HealthFit Wellness Package (\$250 value!)
Includes: HealthFit Workout Gear, 55-Minute Massage, 1-hr Nutritional Consultation, 1-hr Wellness Coaching Session

SUPPORT GROUP MEETINGS

Bone Builders
4th Wednesday of every month
12pm – 1pm
Large Classroom

Healthy Hearts
1st Thursday of every month
10am - 11am
Resource Library

Join us for Coffee with Kara
Friday, January 6th at 8am
in the Front Lobby

*Please note some instructors may change without notice.

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Aquatics Class