

APRIL GROUP FITNESS UPDATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin® 8am Parker L.	Xtreme Workout 6am (ct) Sarah S.	Spin® 6am Sue M.	Xtreme Workout 6am (ct) 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 (ct) 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 (ct) Julie R.	Spin® 9am Kevin L.	Pilates Reformer 9am Noelle S. \$	Chair Yoga 9am Robbi W.	Spin® 8am Karen B.	Aqua Zumba (lg) 9:30am Sandy	
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 (lg) 10am Margie T.	Aqua Challenge (lg) 10am Margie T.	Aqua Motion (lg) 10am 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 (sm) 10am Robbi W.	Multi-Level Yoga 10am Ildi B.	Aqua Challenge (lg) 10am Kim D.	Jazzercise 9am (ct) Julie R.		
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 (ct) Kevin L.	InBalance 11am (ct) Jared Z. \$	Back in Action (sm) 11am Parker L.	Gentle Flow Yoga 10am Deb T.		
InBalance (ct) 11am Brooke S. \$	Total Body Conditioning 11am Kim D.	Senior Fitness 12pm Robbi W.	Total Body Conditioning 11am Kim D.	Pump H2O (lg) 10am Kim Dinnell		
PwP 11 am Parker & Scott	Healthy Hearts 11am Kyle S. \$	Oncology Exercise Recovery 1:30pm Trish R.	Healthy Hearts 11am Kyle S. \$	Iron Yoga 11am - Deniese K.		
Therapeutic Splash (sm) 12pm Sandy B.	Oncology Tai Chi 12:30pm Sandy B.	Powerplex 5:30pm (ct) Mark M.	Fitness Forward 12pm Brooke S. \$	Whopping Movers 11am – Brooke S.		
Bone Builders 12pm Scott H. \$	Pilates Reformer 4:30pm Kelly G. \$	Aqua Tai Chi (sm) 6pm Sandy B.	Oncology Tai Chi 12:30pm Sandy B.	Mindful Meditation 12 pm Noelle S.		
Fitness Forward 12pm Doug S. \$	Cardio Kickbox 5:30pm Kelly G. (ct)	Zumba 6:30pm Carla P.	Cardio Dance 5pm Sandy B.	PwP 12 pm Kevin/Barrie		
Mindful Meditation 12pm Noelle P.	Zumba 5:30pm Ana H.	Spin® 6:30pm Mark M.	Yogalates 6:30pm Karen F.	Bone Builders 12pm Scott H. \$		
Senior Fitness 12:15pm Ana H.	Aqua Challenge (lg) 6pm Margie		Pilates Reformer 6:30pm Trish R. \$	Senior Fitness 12:15pm Ana H.		
Mindful Meditation 12:30pm Noelle P.	Vinyasa Yoga 6:30pm Margie P.			Oncology Exercise Recovery 1:30pm Trish R.		
Oncology Yoga 1:30pm Noelle P.	Pilates Reformer 6:30pm Kelly G. \$			Foam Rollers 5pm Kim D.		
Aqua Tai Chi (sm) 5pm Sandy B.				Therapeutic Yoga 6pm – Margie P.		
Xtreme Workout 5:30pm Deniese K.						
Zumba 6:30pm Carla P.						
Spin® 6:30 pm Mark M.						

\$ Fee Based Class
Registration Required

Aquatics Class
(Sm) = small pool
(lg) = large pool

Oncology Class
Registration Required

Check us out on
facebook
facebook.com/SMHFit

Join in the Month of April:

Receive a **FREE** 30 minute 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, April 7th at 8am
in the Front Lobby

*Please note some instructors may change without notice.