

JUNE GROUP EXERCISE MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Balance & Stretch 8am Aireal Y.	Xtreme Workout 6am (court) Sarah S.	Spin@ 7am Karen B.	Xtreme Workout 6am (court) Sarah S.	Sunrise Yoga 6:30am Aireal Y.	Zumba 8am Ana H.	Spin@ 9am Rotation
Pilates Reformer 9am Noelle S. \$	Mat Pilates 8am Kelly G.	Mat Pilates 8am Ildi B.	Mat Pilates 8am Kelly G.	Balance & Stretch 8am	Spin@ 9am Rotation	HIIT List 10am (court) Carla/Sarah
Power Hour 9am Parker L.	Chair Yoga 9am Robbi W.	Power Hour 9am Parker L.	Spin@ 9am Kevin L.	Spin@ 8am Karen B.	Aqua Zumba (lg) 9:30am Sandy	
Jazzercise 9am (court) Julie R.	Spin@ 9am Kevin L.	Pilates Reformer 9am Noelle S. \$	Chair Yoga 9am Robbi W.	Yogalates 9am Trish R.	Core Vinyasa Yoga 10am	
Core n' More 10am Sarah S.	Pilates Reformer 9am Kelly G. \$	Pilates Reformer 10am Trish R. \$	Pilates Reformer 9am Kelly G. \$	Pilates Reformer 9am Noelle S. \$	Tai Chi 11am Sandy B.	
Aqua Motion (lg) 10am Margie T.	Aqua Challenge (lg) 10am Margie T.	Aqua Motion (lg) 10am Margie T.	Therapeutic Yoga 10am Robbi W.	Jazzercise 9am (court) Julie R.		
Pilates Reformer 10am Noelle P. \$	Gentle Motion (sm) 10am Robbi W.	Multi-Level Yoga 10am Ildi B.	Pilates Reformer 10am Trish R. \$	Pilates Reformer 10am Noelle S. \$		
Fundamental Yoga 11am Deb T.	Pilates Reformer 10am Trish R. \$	Beginner Zumba 11am Ana H.	Aqua Challenge (lg) 10am Margie T.	Gentle Flow Yoga 10am Deb T.		
InBalance (court) 11am Lauren E. \$	Whopping Movers 11am (court) Kevin L.	InBalance 11am (court) Jared Z. \$	Back in Action (sm) 11am Parker L.	Iron Yoga 11am Deniese K.		
PwP 11 am Parker & Scott	Total Body Conditioning 11am Kim D.		Total Body Conditioning 11am Kim D.	Whopping Movers 11am Lauren E.		
	Healthy Hearts 11am Kyle S. \$		Healthy Hearts 11am Kyle S. \$			



New Member Promotion

Join in the month of June and don't pay dues in July!*

*July dues waived for members who pay an i-fee

Join us for Coffee with Doug

Friday, June 2nd at 8am in the Front Lobby

Oncology Class
Registration Required

\$ Fee Based Class
Registration Required

Aquatic Classes
(sm) small pool
(lg) large pool

*Please note some instructors may change without notice.

HEALTH FIT
POWERED BY SARASOTA MEMORIAL
5880 Rand Blvd., Sarasota, FL 34238
(941) 917-7000 | smhfit.com

JUNE GROUP EXERCISE AFTERNOON CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Therapeutic Splash (sm) 12pm Sandy B.	Oncology Tai Chi 12:30pm Sandy B.	Senior Fitness 12pm Robbi W.	Fitness Forward 12pm Brooke S. \$	PwP 12 pm Kevin/Barrie
Bone Builders 12pm Scott H. \$	Pilates Reformer 4:30pm Kelly G. \$	Oncology Exercise Recovery 1:30pm Trish R.	Oncology Tai Chi 12:30pm Sandy B	Bone Builders 12pm Scott H. \$
Fitness Forward 12pm Doug S. \$	Boot Camp 5:30pm Kelly G. (court)	Powerplex 5:30pm (court) Sue M.	Cardio Dance 5pm Sandy B.	Senior Fitness 12:15pm Ana H.
Mindful Meditation 12pm (30min) Noelle P.	Zumba 5:30pm Ana H.	Aqua Tai Chi (sm) 6pm Sandy B.	Yogalates 6:30pm Karen F.	Oncology Exercise Recovery 1:30pm Trish R.
Senior Fitness 12:15pm Ana H.	Aqua Challenge (lg) 6pm Margie	Zumba 6:30pm Carla P	Pilates Reformer 6:30pm Trish R. \$	Foam Rollers 5pm Kim D.
Mindful Meditation 12:30pm (30min) Noelle P.	Vinyasa Yoga 6:30pm Margie P.	Spin@ 6:30pm Sue M.		Therapeutic Yoga 6pm Margie P
Oncology Yoga 1:30pm Noelle P	Pilates Reformer 6:30pm Kelly G. \$			
Aqua Tai Chi (sm) 5pm Sandy B.				
Xtreme Workout 5:30pm Deniese K.				
Spin@ 6pm Karen B				
TRX 6:30pm Carla P.				
Tai Chi 6:30pm Sandy B.				

Check us out on

facebook.com/SMHFit

SUPPORT GROUP MEETINGS

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


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

Parkinson's Power Hour & Caregiver Connection
2nd Wednesday of month
10am – 11am
Large Classroom

Stroke Support Group
1st Wednesday of month
1pm – 2pm
Large Classroom

CLASS HIGHLIGHT

According to WebMD, “building up a sweat in a 60-minute Zumba class burns an average of 369 calories, more than step aerobics. You'll get a great cardio workout that melts fat, strengthens your core, and improves flexibility.” What are you waiting for?



\$ Fee Based Class Registration Required	Oncology Class Registration Required	Aquatic Classes (sm) small pool (lg) large pool
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