

# JULY GROUP EXERCISE MORNING CLASSES

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

## July Massage Promotion



**3 massages for \$150\***

\*Offer only valid in July. Fitlinxx points cannot be used with offer.

## Join us for Coffee with Kayla

Friday, July 7<sup>th</sup> at 7am – 9am in the Front Lobby

\*Please note some instructors may change without notice.

<b>Basketball Court Availability</b> M,W,F: 5a-9a, 12p-1:30p, 2:30p-10p T, TH: 5a-11a, 12p-1pm, 2:30-7p Sat: all day   Sun: 7a-2:30p	<b>Oncology Class</b> Registration Required	<b>\$ Fee Based Class</b> Registration Required	<b>Aquatic Classes</b> (sm) small pool (lg) large pool
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**HEALTH FIT**  
POWERED BY SARASOTA MEMORIAL  
5880 Rand Blvd., Sarasota, FL 34238  
(941) 917-7000 | smhfit.com

# JULY GROUP EXERCISE AFTERNOON CLASSES

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

Check us out on  
  
[facebook.com/SMHFit](https://facebook.com/SMHFit)

**SUPPORT GROUP MEETINGS**

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

**Healthy Hearts**  
1<sup>st</sup> Thursday of month  
10am - 11am  
Resource Library

**Parkinson's Power Hour & Caregiver Connection**  
2<sup>nd</sup> Wednesday of month  
10am – 11am  
Large Classroom

**Stroke Support Group**  
1<sup>st</sup> Wednesday of month  
1pm – 2pm  
Large Classroom

**CLASS HIGHLIGHT**

Take an aquatics class for a deluge of health benefits! Aquatics is not only great for balance and mobility, but you'll also work up a sweat to improve muscle strength and endurance!

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