

# OCTOBER 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>In The Zone</b> 6am (cycle) Karen B.	<b>Xtreme Workout</b> 6am (court) Sarah S.	<b>In The Zone</b> 6am (cycle) 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>FitBarre</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>Mat Pilates</b> 9am Maureen H.	
<b>Jazzercise</b> 9am (court) Julie R.	<b>Spin®</b> 9am Kevin L. (karaoke 1 <sup>ST</sup> Tues)	<b>Pilates Reformer</b> 9am Noelle S. \$	<b>Chair Yoga</b> 9am Robbi W.	<b>Spin®</b> 8am Karen B.	<b>Aqua Zumba (lg)</b> 9:30am Sandy	
<b>Cardio Sculpt</b> 10am Sarah S.	<b>Pilates Reformer</b> 9am Kelly G. \$	<b>Pilates Reformer</b> 10am Kelly G. \$	<b>Pilates Reformer</b> 9am Kelly G. \$	<b>Pilates Reformer</b> 9am Noelle S. \$	<b>Core Vinyasa Yoga</b> 10am Parker L.	
<b>Aqua Motion (lg)</b> 10am Margie T.	<b>Aqua Challenge (lg)</b> 10am Margie T.	<b>Aqua Motion (lg)</b> 10am Margie T.	<b>Therapeutic Yoga</b> 10am Robbi W.	<b>Jazzercise</b> 9am (court) Julie R.	<b>Tai Chi</b> 11am Sandy B.	
<b>Pilates Reformer</b> 10am Noelle P. \$	<b>Gentle Motion (sm)</b> 10am Robbi W.	<b>Multi-Level Yoga</b> 10am Ildi B.	<b>Pilates Reformer</b> 10am Kelly G. \$	<b>Core n' More</b> 9 am Sarah S.		
<b>Fundamental Yoga</b> 11am Deb T.	<b>Pilates Reformer</b> 10am Kelly G. \$	<b>Beginner Zumba</b> 11am Ana H.	<b>Aqua Challenge (lg)</b> 10am Rebecca A.	<b>Pump H2O (lg)</b> 10am Rebecca A.		
<b>InBalance (court)</b> 11am Sarah S. \$	<b>Whopping Movers</b> 11am (court) Kevin L.	<b>InBalance</b> 11am (court) Sarah S. \$	<b>Back in Action (sm)</b> 11am Parker L.	<b>Pilates Reformer</b> 10am Noelle S. \$		
<b>PwP</b> 11 am Parker & Scott	<b>Total Body Conditioning</b> 11am Sabrina P.		<b>Total Body Conditioning</b> 11am Kim D.	<b>Gentle Flow Yoga</b> 10am Deb T.		
	<b>Healthy Hearts</b> 11am Kyle S. \$		<b>Healthy Hearts</b> 11am Kyle S. \$	<b>Iron Yoga</b> 11am Deniese K.		
				<b>Whopping Movers</b> 11am Lauren E.		

## October Promotion



“Keep the Rowing Going”

Train like the pros with a Rowing specific Equipment Program Orientation!\*

\*For new members only

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

**\$ Fee Based Class**  
Registration Required

**Oncology Class**  
Registration Required

Join us for Coffee with Hadley

Friday, October 6<sup>th</sup>  
7am – 9am  
in the Front Lobby

\*Please note some instructors may change without notice.

**HEALTH FIT**  
POWERED BY SARASOTA MEMORIA

5880 Rand Blvd., Sarasota, FL 34238  
(941) 917-7000 | smhfit.com

# OCTOBER GROUP EXERCISE AFTERNOON CLASSES

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

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>Boot Camp</b> 5:30pm Carla P. (court)	<b>Oncology Exercise Recovery</b> 1:30pm Robbi W.	<b>Oncology Tai Chi</b> 12:30pm Sandy B	<b>Bone Builders</b> 12pm Sarah S. \$
<b>Fitness Forward</b> 12pm Doug S. \$	<b>Zumba</b> 5:30pm Ana H.	<b>Powerplex</b> 5:30pm (court) Mark 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>Aqua Challenge</b> (lg) 6pm Margie T.	<b>Aqua Tai Chi</b> (sm) 6pm Sandy B.	<b>FitBarre</b> 6pm Karen F.	<b>Oncology Exercise Recovery</b> 1:30pm Deniese K.
<b>Senior Fitness</b> 12:15pm Ana H.	<b>Vinyasa Yoga</b> 6:30pm Margie P.	<b>Zumba</b> 6:30pm Carla P		<b>Therapeutic Yoga</b> 6pm Margie P
<b>Mindful Meditation</b> 12:30pm (30min) Noelle P.		<b>Spin®</b> 6:30pm Mark M.		<b>Dance Fusion</b> 6pm (court) Shello R.
<b>Oncology Yoga</b> 1:30pm Noelle P				
<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 (court) Lauren E.				
<b>Tai Chi</b> 6:30pm Sandy B.				

### 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

Don't have an hour to spend on your workout? High Intensity Interval Training can cut your time in half with the same benefits as moderate intensity exercise. Try out our Sunday HIIT List class and get blown away with the results!



<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>Swim Lessons in Large Pool</b> Wednesday & Friday – 4pm - 7pm Saturday & Sunday – 10:30am - 2pm
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