

DECEMBER GROUP EXERCISE MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Balance & Stretch 8am Aireal Y.	Xtreme Workout 6am (court) Doug S.	In The Zone 6am (cycle) Karen B.	Xtreme Workout 6am (court) Doug S.	In The Zone 6am (cycle) Carisa C.	Zumba 8am Ana H.	Spin® 9am Rotation
Pilates Reformer 9am Karen B. \$	FitBarre 8am Sabrina P.	Mat Pilates 8am Larisa K.	Mat Pilates 8am Parker L.	Sunrise Yoga 6:30am Aireal Y.	Spin® 9am Rotation	Circuit Training 10am (court) Sarah S.
FitBarre 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 R	Spin® 9am Kevin L. (karaoke 1 ST Tues)	Pilates Reformer 9am Kelly G. \$	Chair Yoga 9am Robbi W.	Spin® 8am Karen B.	Aqua Zumba (lg) 9:30am Sandy	
Total Body Tone Up 10am Parker L.	Pilates Reformer 9am Kelly G. \$	Pilates Reformer 10am Kelly G. \$	Pilates Reformer 9am Kelly G. \$	Pilates Reformer 9am Karen B. \$	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.	Jazzercise 9am (court) Julie R.	Tai Chi 11am Sandy B.	
Relaxed Reformer 10am Karen B. \$	Gentle Motion (sm) 10am Robbi W.	Multi-Level Yoga 10am Margie P.	Pilates Reformer 10am Kelly G. \$	Pump H2O (lg) 10am Rebecca A.		
Fundamental Yoga 11am Deb T.	Pilates Reformer 10am Kelly G. \$	Beginner Zumba 11am Ana H.	Aqua Challenge (lg) 10am Rebecca A.	Pilates Reformer 10am Karen B. \$		
InBalance (court) 11am Karson K. \$	Whopping Movers 11am (court) Kevin L.	InBalance 11am (court) Karson K. \$	Back in Action (sm) 11am Parker L.	Gentle Flow Yoga 10am Deb T.		
PwP 11 am Parker & Scott	Total Body Conditioning 11am Kim D.		Total Body Conditioning 11am Kim D.	Iron Yoga 11am Deniese K.		
Therapeutic Splash (sm) 11am Sandy B.	Healthy Hearts 11am Kyle S. \$		Healthy Hearts 11am Kyle S. \$	Whopping Movers 11am Barrie L.		

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

\$ Fee Based Class
Registration Required

Oncology Class
Registration Required

December Promotion

Give the Gift of HealthFit



Buy \$100 gift card for \$50
(one per member)

Join us for Coffee with Kayla
Friday, December 1st
7am – 9am
in the Front Lobby

*Please note some instructors may change without notice.



DECEMBER GROUP EXERCISE AFTERNOON CLASSES

Check us out on
facebook
facebook.com/SMHFit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bone Builders 12pm Karson K. \$	Oncology Tai Chi 12:30pm Sandy B.	Senior Fitness 12pm Robbi W.	Fitness Forward 12pm Jared Z. \$	PwP 12 pm Kevin/Barrie
Fitness Forward 12pm Doug S. \$	Boot Camp 5:30pm Carla P. (court)	Oncology Exercise Recovery 1:30pm Robbi W.	Oncology Tai Chi 12:30pm Sandy B	Bone Builders 12pm Lauren E. \$
Mindful Meditation 12pm (30min) Noelle P.	Zumba 5:30pm Ana H.	Powerplex 5:30pm (court) Mark M.	Cardio Dance 5pm Sandy B.	Senior Fitness 12:15pm Ana H.
Senior Fitness 12:15pm Ana H.	Aqua Challenge (lg) 6pm Margie T.	Aqua Tai Chi (sm) 6pm Sandy B.	FitBarre 6pm Karen F.	Oncology Exercise Recovery 1:30pm Deniese K.
Mindful Meditation 12:30pm (30min) Noelle P.	Vinyasa Yoga 6:30pm Margie P.	Zumba 6:30pm Carla P		Therapeutic Yoga 6pm Margie P
Oncology Yoga 1:30pm Noelle P		Spin® 6:30pm Mark M.		Dance Fusion 6pm (court) Shello R.
Aqua Tai Chi (sm) 5pm Sandy B.				
Xtreme Workout 5:30pm Deniese K.				
In the Zone 6:30pm Karen B				
TRX 6:30pm (court) Lauren E.				
Tai Chi 6:30pm Sandy B.				

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

HOLIDAY HIGHLIGHT

On **December 15th** we will host a **HealthFit Holiday Party** from **9am-12am!** There will be special holiday festivities, such as, a **Photo Booth, Healthy Snacks, Games,** and **SANTA!** *From 10am-12am there will be an ask the dietitian booth.*



Basketball Court Availability
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

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

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5880 Rand Blvd., Sarasota, FL 34238
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