HEALTH FIT
POWERED BY SARASOTA MEMORIAL

Register for classes using our app
● Mind Body ● Low Intensity ● Cardiovascular
●Strength/Resistance ● Specialty Program ●Fee Based

March
GROUP EX SCHEDULE

Monday

Time	Class	Instructor	Studio
6am	Bar & Burn	Flora K.	Court●
8am	Balance &Stretch	Rotation	Court●
9am	Spin	Catherine D.	Spin●
9am	Zumba	Shalaine M.	Court●
10am	Cardio Sculpt	Catherine D.	Court●
10am	Aqua Challenge	Shalaine M.	Lg Pool●
11am	Slow Flow Yoga	Deb T.	Studio●●
12pm	FUNctional Fitness	Barrie L.	Studio●●
2pm	Oncology Yoga	Parker L.	Studio●
5:30pm	Xtreme Workout	Deniese K.	Court●
6pm	Prenatal Yoga	Parker L.	Studio●
6pm	Aqua Pilates	Carolyn B.	Sm Pool●
6pm	Spin	Larry K	Spin●

Tuesday

Time	Class	Instructor	Studio
6am	Morning Crunch	Flora K.	Court●
9am	Chair Yoga	Robbi W.	Studio●●
9am	Spin	Flora K.	Spin●
10am	Aqua Challenge	Carolyn B.	Lg Pool●
10am	Total Body Tone	Flora K.	Court●
10am	Qi Gong	Robbi W.	Studio●●
11am	Gyrokinesis	Lauren S.	Group●●●
11am	Therapeutic Splash	Robbi W.	Sm Pool●
1:30pm	Whopping Movers	Barrie L.	Studio●
5pm	Fundamental Yoga	Yely S	Studio●●
5:45pm	SHRED	Tina B.	Court●●

Wednesday

Time	Class	Instructor	Studio
6am	Spin	Sue M.	Spin●
8am	Vinyasa Flow	Yely S	Studio●●
8am	BodyFit	Tina B.	Court●
9am	Mat Pilates	Beth S.	Studio●
9am	Spin	Pam Y.	Spin●
9am	TRX	Tina B.	Court●●
10am	Oncology Recovery	Flora K.	Studio●
11am	Therapeutic Yoga	Robbi W.	Studio●
12pm	FUNctional Fitness	Robbi W.	Studio●●
4:00pm	Gentle Yoga	Lynn A.	Studio●●
5:30pm	PowerPlex	Mark M.	Court●

Thursday

Time	Class	Instructor	Studio
6am	Morning Crunch	Flora K.	Court●●
9am	Chair Yoga	Robbi W.	Studio●●
9am	Spin	Flora K.	Spin●
10am	Aqua Challenge	Janelle G.	Lg. Pool●
10am	Proactive Aging	Lynn A.	Studio●●
10am	Total Body Tone	Flora K.	Court●
10am	Therapeutic Splash	Robbi W.	Sm Pool●
11am	Gyrokinesis®	Lauren S.	Studio●●●
1:30pm	Whopping Movers	Barrie L.	Court●
5pm	Restorative Yoga	Yely S.	Studio●●
5:30pm	Aqua Tone	Carolyn B.	Lg Pool●

Friday

Time	Class	Instructor	Studio
8am	Balance & Stretch	Deniese K.	Court●
8am	Vinyasa Flow	Yely S.	Studio●●
9am	Spin	Lynn A.	Spin●
9am	TRX	Tina B.	Court●●
9am	Ageless Athletes	Pam Y.	Studio●●
10am	Step & Strength	Tina B.	Court●●
10am	Aqua Challenge	Janelle G.	Lg Pool●
11am	AquaZen	Janelle G.	Sm Pool●●
11am	Multi-Level Yoga	Parker L.	Studio●●
2pm	Oncology Recovery	Parker L.	Studio●
6pm	Aqua Pilates	Carolyn B.	Sm Pool●

Saturday

Time	Class	Instructor	Studio
9am	Spin	Rotation	Spin●
9am	HIIT & Core	Tina B.	Court●●
10am	Yoga	Lynn A.	Studio●
10am	Aqua Challenge	Carolyn B.	Lg Pool●
11am	Oncology Qi Gong	Daniele N.	Studio●

PILATES REFORMER GROUP
(fee and sign up required)
Monday (Level 1) 10am – Lauren S.
Monday (Level 2) 4pm – Deniese K.
Tuesday (Level 1) 9am – Lauren S.
Wednesday (Level 2) 10am – Beth S.
Wednesday (Level 1) 11am **– Beth S.**
Thursday (Level 2) 4pm – Lauren S.
Friday (Level 1) 9am – Deniese K.

GYROKINESIS® GROUP
(fee and sign up required)
Tuesday 11am- Lauren S. (Studio)
Thursday 11am – Lauren S. (Studio)

Clinical Programs

(Fee based) (Registration required)

Bone Builders (MWF) 8am – 9am, 9am – 10am & 2:30pm – 3:30pm

Cardiac Phase III Healthy Hearts (MWF)12pm – 1pm

Fitness Forward (MWF) 1:30pm – 2:30pm, 3:30pm-4:30pm

PWR! Gym (MWF)11am – 12pm

PD Cycle (Tue/Thu) 2pm – 3pm

Rock Steady Boxing (MWF) 11am-12pm

Thrive Oncology (Registration required)

Monday
2pm – 3pm Oncology Yoga – Parker L
Tuesday (SMH Hospital Venice)
4pm – 5pm Oncology Yoga – Parker L.
Wednesday
10am – 11am Exercise Recovery – Flora K.
Friday
2pm – 3pm Oncology Recovery – Parker L.
Saturday
11am – 12pm Oncology Chi Gong – Daniele N.

Support Group Meetings

Parkinson's Meet & Greet
12:00pm-1:00pm (Large Classroom)
1st Wednesday of month

Stroke Wellness Group
1pm - 2pm (Rehab Pavilion Main Hospital)
2nd Wednesday of month

Monthly Education Series

TITLE: "The Role of Physical Activity in Oncology Recovery"
PRESENTER: Parker Lorenzo
DATE: Monday April 1st, 2024
TIME: 1:00 PM
LOCATION: Large Classroom
****SEATS ARE LIMITED!****
Register at the Front Desk



Swim SRQ Kids Schedule

Monday and Wednesday 3:00pm—7pm
(Swim SRQ will use ½ of the therapy pool Mon. 4-6 and Wed. 6-6:30)

Sunday 9:00am-1:00pm
Therapy Pool: Sunday 8:50am – 12:30pm
(Swim SRQ will use ½ of the therapy pool)

Open Pickle Ball

Tuesday and Thursday: 1:30pm – 8:30pm
Saturday: 8:30am – 10:30am

Open Badminton

Wednesday: 6:30pm – 8:30pm
Friday: 5:30pm – 7:30pm
Sunday: 11:30am – 2:30pm

Open Basketball

Monday: 6:45pm – 8:45pm
Saturday: 12:30pm – 4:30pm
Sunday: 2:45pm – 4:45pm

HealthFit Hours
Monday – Thursday: 5am – 9pm
Friday: 5am – 8pm
Saturday & Sunday: 7am – 5pm

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