

# 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) Lori E.	<b>In The Zone</b> 6am (cycle) Karen B.	<b>Xtreme Workout</b> 6am (court) Flora K.	<b>In The Zone</b> 6am (cycle) Carisa C.	<b>Zumba</b> 8am Ana H.	<b>Spin®</b> 9am Rotation
<b>Pilates Reformer</b> 9am Karen B. \$	<b>FitBarre</b> 8am Sabrina P.	<b>Mat Pilates</b> 8am Karen B.	<b>Mat Pilates</b> 8am Parker L.	<b>Sunrise Yoga</b> 6:30am Aireal Y.	<b>Spin®</b> 9am Rotation	<b>Circuit Training</b> 10am (court) Lori E.
<b>FitBarre</b> 9am Parker L.	<b>Chair Yoga</b> 9am Robbi W.	<b>Power Hour</b> 9am (step) 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 Flora K.	<b>Jazzercise</b> 9am (court) Julie R. 9am	<b>Chair Yoga</b> 9am Robbi W.	<b>Spin®</b> 8am Karen B.	<b>Aqua Zumba (lg)</b> 9:30am Sandy B.	
<b>Total Body Tone Up</b> 10am Parker L.	<b>Pilates Reformer</b> 9am Maggie S. \$	<b>Pilates Reformer</b> 9am Kelly G. \$	<b>Pilates Reformer</b> 9am Karen B. \$	<b>Pilates Reformer</b> 9am Karen B. \$	<b>Core Vinyasa Yoga</b> 10am Parker L.	
<b>Relaxed Reformer</b> 10am Karen B. \$	<b>Pilates Reformer</b> 10am Maggie S. \$	<b>Pilates Reformer</b> 10am Kelly G. \$	<b>Pilates Reformer</b> 10am Karen B. \$	<b>Jazzercise</b> 9am (court) Julie R.	<b>Tai Chi</b> 11am Sandy B.	
<b>Aqua Motion (lg)</b> 10am Margie T.	<b>Aqua Challenge</b> (lg) 10am Jude B.	<b>Aqua Motion (lg)</b> 10am Margie T.	<b>Therapeutic Yoga</b> 10am Robbi W.	<b>Pump H2O (lg)</b> 10am Rebecca A.		
<b>Fundamental Yoga</b> 11am Deb T.	<b>Gentle Motion (sm)</b> 10am Robbi W.	<b>Multi-Level Yoga</b> 10am Maria L.	<b>Aqua Challenge</b> (lg) 10am Rebecca A.	<b>Pilates Reformer</b> 10am Karen B. \$		
<b>InBalance (court)</b> 11am Karson K. \$	<b>Fundamental Yoga</b> 10 am Kim D.	<b>Beginner Zumba</b> 11am Ana H.	<b>Back in Action</b> (sm) 11am Rebecca A.	<b>Gentle Flow Yoga</b> 10am Deb T.		
<b>PwP</b> 11 am Kevin L.	<b>Whopping Movers</b> 11am (court) Ian A.	<b>InBalance</b> 11am (court) Karson K. \$	<b>Total Body Conditioning</b> 11am Kim D.	<b>Iron Yoga</b> 11am Deniese K.		
<b>Therapeutic Splash (sm)</b> 11am Sandy B.	<b>Total Body Conditioning</b> 11am Kim D.		<b>Healthy Hearts</b> 11am Kyle S. \$	<b>Whopping Movers</b> 11am Barrie L.		
	<b>Healthy Hearts</b> 11am Kyle S. \$					

## FLASH SPECIAL



Upgrade your membership to a **2YEAR CONTRACT** and save on your monthly payments!!

(Ask a membership associate how)

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

**\$ Fee Based Class**  
Registration Required

**Oncology Class**  
Registration Required

Classes Require **Sign-in** at Front Desk

## Join us for Coffee with Kayla

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

\*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

# JULY GROUP EXERCISE AFTERNOON CLASSES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bone Builders</b> 12pm Michelle W. \$	<b>Oncology Tai Chi</b> 12:30pm Sandy B.	<b>Senior Fitness</b> 12pm Robbi W.	<b>Fitness Forward</b> 12pm Lori E. \$	<b>PwP</b> 12pm Kevin/Barrie
<b>Fitness Forward</b> 12pm Lori E. \$	<b>Circuit Kickboxing</b> 5:30pm (court) Flora K.	<b>Oncology Exercise Recovery</b> 1:30pm Robbi W.	<b>Oncology Tai Chi</b> 12:30pm Sandy B.	<b>Bone Builders</b> 12pm Michelle W. \$
<b>Mindful Meditation</b> 12pm (30min) Parker L.	<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>Senior Fitness</b> 12:15pm Ana H.	<b>Aqua Challenge</b> (lg) 6pm Margie T.	<b>Aqua Tai Chi</b> (sm) 6pm Sandy B.		<b>Oncology Exercise Recovery</b> 1:30pm Deniese K.
<b>Mindful Meditation</b> 12:30pm (30min) Parker L.	<b>Vinyasa Yoga</b> 6:30pm Parker L.	<b>Zumba</b> 6:30pm Shello R.		<b>Therapeutic Yoga</b> 6pm Margie P.
<b>Oncology Yoga</b> 1:30pm Parker L.		<b>Spin®</b> 6:30pm Mark M.		

<b>Aqua Tai Chi (sm)</b> 5pm Sandy B.
<b>Xtreme Workout</b> 5:30pm Deniese K.
<b>Zumba</b> 6:30pm (court) Shello R.
<b>Tai Chi</b> 6:30pm Sandy B.

**TOO HOT OUTSIDE?**

**Come indoors to cool off!**

HealthFit offers a variety of pool classes, all marked in blue.

**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

**4th of July** Hours of operation  
5am-1pm

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<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-1:30p	<b>Swim Lessons in Large Pool</b> Wednesday, Thursday & Friday – 4pm - 7pm Saturday & Sunday – 10:30am - 2pm
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