

AUGUST GROUP EXERCISE MORNING CLASSES

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

August Special

New Members receive
Waived I-Fee
 and
Choice of a free 1-on-1 session with a HealthFit pro:
 Personal Training
 Lap Swim Training
 Pilates Instruction
 Weight Management &
 Nutritional Counseling
 50-minute Massage

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 **Rachel**

Friday, August 3rd
 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

AUGUST GROUP EXERCISE AFTERNOON CLASSES

Check us out on
facebook
facebook.com/SMHFit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bone Builders 12pm Michelle W. \$	Oncology Tai Chi 12:30pm Sandy B.	Senior Fitness 12pm Robbi W.	Fitness Forward 12pm Lori E. \$	PwP 12pm Kevin/Barrie
Fitness Forward 12pm Lori E. \$	Circuit Kickboxing 5:30pm (court) Flora K.	Oncology Exercise Recovery 1:30pm Robbi W.	Oncology Tai Chi 12:30pm Sandy B.	Bone Builders 12pm Michelle W. \$
Mindful Meditation 12pm (30min) Parker L.	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.	Mat Pilates 6pm Maureen H.	Oncology Exercise Recovery 1:30pm Deniese K.
Mindful Meditation 12:30pm (30min) Parker L.	Vinyasa Yoga 6:30pm Parker L.	Zumba 6:30pm Shello R.		Therapeutic Yoga 6pm Margie P.
Oncology Yoga 1:30pm Parker L.		Spin® 6:30pm Mark M.		
Aqua Tai Chi (sm) 5pm Sandy B.	<div data-bbox="617 1031 1127 1114" data-label="Section-Header"> <h2>Mat Pilates</h2> </div> <div data-bbox="426 1144 827 1382" data-label="Text"> <p>Now offered on Thursday Nights at 6pm with Maureen H.</p> </div> <div data-bbox="932 1140 1297 1386" data-label="Image"> </div>			
Xtreme Workout 5:30pm				
Spin® 6pm Larry K.				
Zumba 6:30pm (court) Shello R.				
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

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-1:30p

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