

# NOVEMBER 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) Jude B.	<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 Maggie S. \$	<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) Catrina L.
<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>Pilates Reformer</b> 9am Kelly G. \$	<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 Karen B. \$	<b>Pilates Reformer</b> 10am 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 Maggie S. \$	<b>Pilates Reformer</b> 10am Karen B. \$	<b>Aqua Motion (lg)</b> 10am Margie T.	<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>Multi-Level Yoga</b> 10am Maria L.	<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>Beginner Zumba</b> 11am Ana H.	<b>Aqua Challenge (lg)</b> 10am Rebecca A.	<b>Pilates Reformer</b> 10am Karen B. \$	<b>Aquatic Classes</b> (sm) small pool (lg) large pool	
<b>InBalance (court)</b> 11am Jude B. \$	<b>Fundamental Yoga</b> 10 am Kim D.	<b>InBalance</b> 11am (court) Jude B. \$	<b>Back in Action (sm)</b> 11am Rebecca A.	<b>Gentle Flow Yoga</b> 10am-11:30am 90min! Deb T.	<b>\$ Fee Based Class</b> Registration Required	
<b>PwP</b> 11 am Kevin L.	<b>Whopping Movers</b> 11am (court) Rebecca A.		<b>Total Body Conditioning</b> 11am Kim D.			
<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. \$					

What's stopping you from becoming the **best version of you?**

Holidays are here and it's easy to get off track with your fitness and wellness goals. No need to wait until the New Year to start back up. Instead find balance during this time of chaos and cookies.

**You may be thinking, but HOW?**

Wellness coaches teach lasting change that aligned with **your goals**. Let our Wellness coaches empower you!




\*If you would like to hear more about wellness coaching please ask our membership associates.

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

**\$ Fee Based Class**  
Registration Required

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

# NOVEMBER GROUP EXERCISE AFTERNOON CLASSES

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 Jared H. \$	<b>PwP</b> 12 pm Kevin/Barrie
<b>Fitness Forward</b> 12pm Jared H. \$	<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>Mat Pilates</b> 6pm Maureen H.	<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</b> (sm) 5pm Sandy B.	 <p>At HealthFit we want to thank you for being a part of our family. This is a reminder that Thanksgiving hours will be from 5am-1pm.</p>			
<b>Xtreme Workout</b> 5:30pm Deniese K.				
<b>Spin@</b> 6pm Larry K.				
<b>Zumba</b> 6:30pm (court) Shello R.				
<b>Tai Chi</b> 6:30pm Sandy B.				

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

### 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

**Memory Café**  
Last Wednesday of the Month  
9am-10am 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

**Join us for Coffee with Rachel**  
Friday, November 5th  
7am – 9am  
in the Front Lobby