

Monday

Class	Instructor	Studio
6am Spin	Flora K.	Spin ●
8am Balance&Stretch	Aireal Y.	Gp Ex ●●●
9am Foundations of Pilates	Catrina L.	Gp Ex ●●●
9am Jazzercise	Julie& subs	Court ●
10am Total Body Tone Up	Parker L.	Gp Ex ●
10am Aqua Challenge	Margie T.	Lg Pool ●
11am Fundamental Yoga	Deb T.	Gp ●●●●
11am PwP	Tracy L.	Spin ●
11am Therapeutic Splash	Sandy B.	Sm Pool ●
12pm Meditation (30min)	Parker L.	Pilates ●
12:15 Sit and Fit	Ana H.	Gp Ex ●
5pm Aqua Tai Chi	Sandy B.	Sm Pool ●
5:30 Xtreme Workout	Deniese K.	Gp Ex ●
6pm Spin	Larry K.	Spin ●
6:30 Zumba	Shello. R.	Court ●
6:30 Tai Chi	Sandy B.	Gp Ex ●●●

Tuesday

Class	Instructor	Studio
6am Morning Crunch	Jude B.	Court ●
8am FitBarre	Sabrina P.	Gp Ex ●●●
9am Chair Yoga	Robbi W.	Gp ●●●●
9am Spin	Flora K.	Spin ●
9am Aqua Challenge	Jude B.	Lg Pool ●
10am Gentle Motion	Robbi W.	Sm Pool ●
10am Fundamental Yoga	Kim D.	Gp Ex ●●●
11am Whopping Movers	Rebecca A.	Court ●
11am Total Body Conditioning	Kim D.	Gp Ex ●
1:30 Balance and Stretch	Sandy B.	Gp Ex ●●●
5:30 Interval Training	Flora K.	Court ●●●
6pm Aqua Challenge	Margie T.	Lg Pool ●
6:30 Vinyasa Yoga	Parker L.	Gp Ex ●

Wednesday

Class	Instructor	Studio
6am In the Zone (cycling)	Karen B.	Spin ●
8am Mat Pilates	Karen B.	Gp Ex ●
9am Power Step	Parker L.	Gp Ex ●●●
10am Aqua Challenge	Margie T.	Lg Pool ●
10am Multi-level Yoga	Maria L.	Gp Ex ●●●
11am Beginner Zumba	Ana H.	Gp Ex ●
12pm Sit and Fit	Robbi W.	Gp Ex ●
5pm Aqua Tai Chi	Sandy B.	Sm Pool ●
5:30 Powerplex	Mark M.	Court ●
6:30 Zumba	Shello R.	Gp Ex ●
6:30 Spin	Mark M.	Spin ●

Thursday

Class	Instructor	Studio
6am Morning Crunch	Catrina L.	Court ●
8am FitBarre	Sandy B.	Gp Ex ●
9am Chair Yoga	Robbi W.	Gp ●●●●
9am Spin	Kevin L.	Spin ●
9am Aqua Challenge	Rebecca A.	Lg Pool ●
10am Therapeutic Yoga	Robbi W.	Gp Ex ●●●
10am Back in Action	Rebecca A.	Sm Pool ●
11am Total Body Conditioning	Kim D.	Gp Ex ●
11am Rock Steady Boxing	Rebecca A.	Court ●
1:30 Balance and Stretch	Sandy B.	Gp Ex ●●●
6pm Mat Pilates	Maureen H.	Gp Ex ●
6:30 Aqua Tabata	Ana H.	Lg Pool ●

Friday

Class	Instructor	Studio
6am In the Zone (cycling)	Carisa C.	Spin ●
6:30 Sunrise Yoga	Aireal Y.	Gp Ex ●●●
8am Balance&Stretch	Aireal Y.	Gp Ex ●●●
9am Spin	Larry K.	Spin ●
9am Jazzercise	Julie R.	Court ●
10am Aqua Challenge	Rebecca A.	Lg Pool ●
10am 90min Gentle Flow Yoga	Deb T.	Gp ●●●●
11am Whopping Movers	Barrie L.	Court ●
12:15 Sit and Fit	Ana H.	Gp Ex ●
6pm Therapeutic Yoga	Margie P.	Gp Ex ●●●

Saturday

Class	Instructor	Studio
8am Zumba	Ana H.	Gp Ex ●
9am Spin	Rotation	Spin ●
9am Mat Pilates	Maureen H.	Gp Ex ●
9:30 Aqua Zumba	Sandy B.	Lg Pool ●
10am Vinyasa Yoga	Parker L.	Gp Ex ●●●
11am Tai Chi	Sandy B.	Gp Ex ●●●

Sunday

Class	Instructor	Studio
9am Spin	Rotation	Spin ●
10am Circuit Training	Catrina L.	Court ●

Class Emphasis

- Strength and toning
- Aerobic
- Core
- Therapeutic
- Balance
- Sign up Required

Oncology Classes

(sign-up required)

Monday

12:30-1pm Mindful Meditation -Parker L.

1:30-2:30pm Oncology Yoga -Parker L.

Tuesday

12:30-1:30pm Oncology Tai Chi-Sandy B.

Wednesday

1:30-2:30pm Exercise Recovery- Robbi W.

Thursday

12:30-1:30pm Oncology Tai Chi-Sandy B.

Friday

1:30-2:30pm Exercise Recovery- Deniese K.

Group Pilates Reformer Classes

(fee and sign up required)

Monday 9&10am –Lauren& Allyison

Tuesday 9&10am –Karen B.

Wednesday 9&10am –Kelly G.

Thursday 9&10am –Karen B.

Friday 9am,10am& 12pm –Karen B.

Clinical Programs (fee based)

Inbalance 11am Monday& Wednesday- Jude

Healthy Hearts 11am Tuesday& Thursday-Kyle

Bone Builders 12pm Monday& Friday- Michelle

Fitness Forward 12pm Monday& Thursday- Jared

Support Group Meetings

Bone Builders 12-1pm Large Class Room

4th Wednesday of the month

Healthy Hearts 10-11am Resource Library

1st Thursday of the month

Parkinson's Power Hour & Caregiver Connection

10-11am Large Classroom

2nd Wednesday of month

Stroke Support Group 1-2pm Large Classroom

1st Wednesday of month

Swim Lessons in Large/Small Pool

Wednesday, Thursday & Friday – 4pm - 7pm

Saturday & Sunday – 10:30am - 2pm

Basketball Court Availability

M,W, F: 5a-9a,10-12a 1p-5:30p, 6:30p-10p

T, TH: 5a-11a, 12p-1p, 3p-6:30p

Sat: 7a-1p, 4p-7p | Sun: 7a-2:30p

Join us for Coffee with Kayla

Friday, February 1st from 7am – 9am

In the Front Lobby

Please Visit us on Facebook.com/SMHfit

February Promotion

Happy Heart Month!



**Join in February and receive
4weeks FREE of our Healthy
Hearts Program.**

If you're at moderate risk or have a history of cardiac or pulmonary disease, **Healthy Hearts** is for you! This program helps you regain strength, stamina, cardiac function and overall healthy lifestyle with the supervision of a Trainer.

Events

Hoola Fit Feb. 13th and 27th 10am



Parents' Night Out

Parents, it's time to take an evening off!

Make a date for yourself.

Feb. 15 5:30pm-9pm



**Join Our Cardio Challenge and
win a Massage!**

How to win:

1. Use your Fitlinxx number to log your Workouts and Cardio
2. Highest user in each category by the end of the month wins!
(see bulletin board for more information)

*Please note some instructors may change without notice.

5880 Rand Blvd., Sarasota, FL 34238

(941) 917-7000 | smhfit.com