

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 ●
12:15 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	Rebecca A.	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)	Carisa C.	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 ●●●●
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

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

2:30-3pm Mindful Meditation -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.

Saturday

12:00-1:00pm Qi Gong- Sandy B.

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

M, T, W, Th- 2:30pm-7pm

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, May 3rd from 7am – 9am

In the Front Lobby

May Special

2/\$99 50min Nutritional Counseling Sessions



Work with a dietitian on menu selection, portion control, sports nutrition, weight or disease/disorder management.

Stop by the nutrition office on Tuesday, May 7th to meet our new dietitian, Lisa, for more information and a snack!

Osteoporosis Awareness Month

Osteoporosis is a disease in which quality of bone is reduced. As bones become more fragile, the risk of fracture is greatly increased. 1 in 3 women, and 1 in 5 men over 50 will experienced osteoporotic fractures.



The good news is you can take steps to **prevent and even treat** osteoporosis through lifestyle changes like diet and exercise! Keep an eye out for special strong spine demos in our Pilates room and other osteoporosis specific activities.

Events

Hoola Fit May 8th and 22nd 10am



Pickle ball

**Every Tuesday and Thursday 1-3pm
Saturday 1-4pm**

Visit us on Facebook.com/SMHfit



*Please note some instructors may change without notice.

5880 Rand Blvd., Sarasota, FL 34238

(941) 917-7000 | smhfit.com