

JULY SCHEDULE



Monday

Class	Instructor	Studio
8:00am Balance &Stretch	Aireal Y.	Court ●
10:00am Aqua Challenge	Margie T.	Lg Pool ●
11:00am Yoga	Deb T.	Court ●●
5:00pm Aqua Tai Chi	Sandy B.	Sm Pool ●
5:30pm Xtreme Workout	Deniese K.	Court ●

Tuesday

Class	Instructor	Studio
9:00am Chair Yoga	Robbi W.	Court ●●
9:00am Spin	Flora K.	Spin ●
11:00am Total Body Tone	Jude B.	Court ●

Wednesday

Class	Instructor	Studio
6:00am Spin	Sue M.	Spin ●
10:00am Aqua Challenge	Margie T.	Lg Pool ●
11:00am Mat Pilates	Beth S.	Court ●
5:30pm Powerplex	Mark M.	Court ●

Thursday

Class	Instructor	Studio
9:00am Chair Yoga	Robbi W.	Court ●●
9:00am Spin	Flora K.	Spin ●
11:00am Total Body Tone	Jude B.	Court ●

Friday

Class	Instructor	Studio
6:00am Spin	Carisa C.	Spin ●
8:00am Balance & Stretch	Aireal Y.	Court ●
11:00am Yoga	Robbi W.	Court ●●

Saturday

Class	Instructor	Studio
10:00am Mat Pilates	Maureen	Court ●●
11:30am Tai Chi	Sandy B.	Court ●●

Class Emphasis

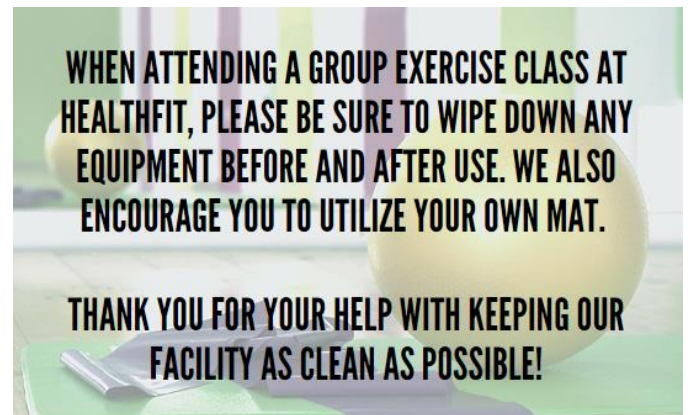
- Strength
- Aerobic
- Core
- Therapeutic
- Balance

New July Hours

Monday-Thursday 5am-9pm
 Friday 5am-8pm
 Saturday-Sunday 7am-5pm

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



Please help us in welcoming our new Membership Supervisor, Tammy Neubauer!



Visit us on Facebook.com/SMHfit
 Or instagram.com/smhhealthfit/

**Please note some instructors may change without notice

5880 Rand Blvd., Sarasota, FL 34238
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