



Monday

	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>
8:00am	Balance &Stretch	Sabrina P.	Studio●
9:30am	PowerStep	Parker L.	Court●
10:00am	Aqua Challenge	Margie T.	Lg Pool●
11:00am	Yoga	Parker L.	Court●●
5:00pm	Aqua Tai Chi	Sandy B.	Sm Pool●
5:30pm	Xtreme Workout	Deniese K.	Court●

Tuesday

	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>
6:00am	Morning Crunch	Lauren A.	Court●
9:00am	Chair Yoga	Robbi W.	Court●●
9:00am	Spin	Flora K.	Spin●
10:00am	Aqua Challenge	Delight J.	Lg Pool●
11:00am	Total Body Tone	Flora K.	Court●
6:00pm	Yoga	Parker L.	Studio●●

Wednesday

	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>
6:00am	Spin	Sue M.	Spin●
10:00am	Aqua Challenge	Margie T.	Lg Pool●
11:00am	Mat Pilates	Beth S.	Studio●
12:15pm	Sit and Fit	Robbi W.	Court●●
5:30pm	Powerplex	Mark M.	Court●

Thursday

	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>
9:00am	Chair Yoga	Robbi W.	Court●●
9:00am	Spin	Flora K.	Spin●
11:00am	Total Body Tone	Flora K.	Court●

Friday

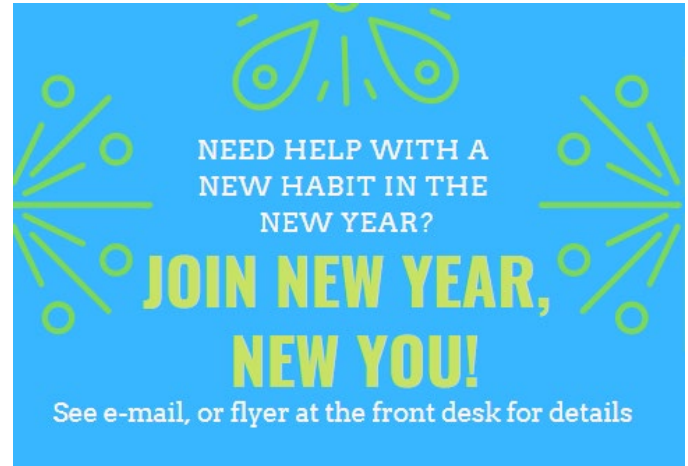
	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>
6:00am	Spin	Carolyn B.	Spin●
8:00am	Balance & Stretch	Deniese K.	Studio●
11:00am	Yoga	Robbi W.	Court●●
11:00am	Whopping Movers	Barrie L.	Court●●

Saturday

	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>
9:00am	Spin	Rotation	Spin●
10:00am	Aqua Challenge	Carolyn B.	Lg Pool●
10:00am	Mat Pilates	Maureen	Studio●●
11:30am	Tai Chi	Sandy B.	Court●●

Clinical Programs (fee based)

Inbalance 11am Monday& Wednesday- Lauren
Healthy Hearts 11am Tuesday& Thursday- Kyle
Bone Builders 12pm Monday& Friday- Michelle
Fitness Forward 12pm Monday& Thursday- Maria
 *no support groups at this time



Group Pilates Reformer Classes

(fee and sign up required)

Tuesday 9am –Lauren E.
Wednesday 10am&12pm –Beth S.
Friday 9am –Lauren E.



Swim SRQ Kids Schedule:

**Monday, Wednesday and Friday 3:15pm–7pm,
 Saturday 8:30-10:30am & Sunday 9am-12pm**

Pickle Ball

Reserve courts with Front Desk for Tuesday and Thursday afternoons

- = Mind Body
- = Low Intensity
- = Cardiovascular
- = Strength/Resistance

To register for classes, please visit
www.healthfit.clubautomation.com

**Please note some instructors may change without notice
 5880 Rand Blvd., Sarasota, FL 34238
 (941) 917-7000 | smhfit.com