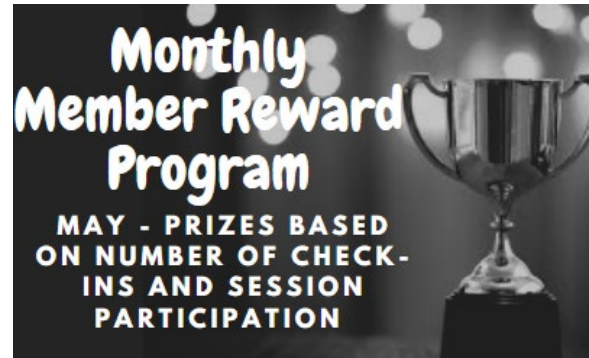




Clinical Programs (fee based)

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



	Class	Instructor	Studio
Monday			
8:00am	Balance &Stretch	Tina B.	Court●
9:30am	PowerStep	Parker L.	Court●
10:00am	Aqua Challenge	Margie T.	Lg Pool●●
11:00am	Fundamental Yoga	Parker L.	Court●●
5:00pm	Aqua Tai Chi	Sandy B.	Sm Pool●●
5:30pm	Xtreme Workout	Deniese K.	Court●
Tuesday			
6:00am	Morning Crunch	Flora K.	Court●
9:00am	Chair Yoga	Robbi W.	Court●●
9:00am	Spin	Flora K.	Spin●
10:00am	Aqua Challenge	Carolyn B.	Lg Pool●●
11:00am	Total Body Tone	Flora K.	Court●
10:30am	Therapeutic Splash	Robbi W.	Sm Pool●●
6:00pm	Multi-Level Yoga	Parker L.	Studio●●
Wednesday			
6:00am	Spin	Sue M.	Spin●
9:00am	Mat Pilates	Beth S.	Studio●
10:00am	Aqua Challenge	Margie T.	Lg Pool●●
11:00am	Meditative Yoga	Robbi W.	Studio●
12:00pm	Sit and Fit	Robbi W.	Court●●
5:30pm	Powerplex	Mark M.	Court●
Thursday			
9:00am	Chair Yoga	Robbi W.	Court●●
9:00am	Spin	Flora K.	Spin●
10:00am	Aqua Challenge	Catherine	Lg. Pool●●
10:30am	Therapeutic Splash	Robbi W.	Sm Pool●●
11:00am	Total Body Tone	Flora K.	Court●
Friday			
6:00am	Spin	Carolyn B.	Spin●
8:00am	Balance & Stretch	Deniese K.	Court●
9:30 am	Cardio Sculpt	Catherine	Court●●
11:00am	Fundamental Yoga	Deb T.	Court●●
11:00am	Whopping Movers	Barrie L.	Studio●●
5:30pm	Therapeutic Yoga	Nancy Z.	Studio●●
Saturday			
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●●

Group Pilates Reformer Classes

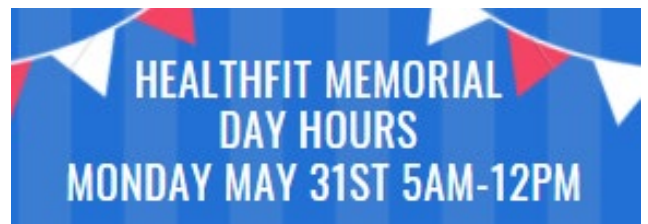
(fee and sign up required)

Monday 4 pm – Deniese K.
Tuesday 9am –Lauren E.
Wednesday 10am&11pm –Beth S.
Friday 9am –Lauren E.

Swim SRQ Kids Schedule:
Monday and Wednesday 3:15pm–7pm
Sunday 8:40am-12pm

Pickle Ball
Reserve courts with Front Desk for Tuesday and Thursday afternoons

Group Exercise Studio is not available for use on Tuesday/Thursday 9:30a-4:45p or Wednesday 12-2p



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

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

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