

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

Day	Class	Instructor*	Location
Monday			
7:00am	Spin	Catherine	Spin●
8:00am	Balance &Stretch	Tina B.	Court●
9:30am	PowerStep	Parker L.	Court●
10:00am	Aqua Challenge	Shalaine	Lg Pool●
11:00pm	Whopping Movers	Barrie L.	Court●
11:00am	Fundamental Yoga	Parker L.	Studio●●
5:00pm	Aqua Tai Chi	Sandy B.	Sm Pool●
5:30pm	Xtreme Workout	Deniese K.	Court●
6:00pm	Spin	Larry K	Spin●
Tuesday			
6:00am	Morning Crunch	Flora K.	Court●
9:00am	Chair Yoga	Robbi W.	Studio●●
9:00am	Spin	Flora K.	Spin●
9:30am	Aqua Challenge	Carolyn B.	Lg Pool●
10:00am	Total Body Tone	Flora K.	Court●
10:30am	Therapeutic Splash	Robbi W.	Sm Pool●
5:30pm	Zumba	Shalaine	Court●
6:00pm	Multi-Level Yoga	Parker L.	Studio●●
Wednesday			
6:00am	Spin	Sue M.	Spin●
8:00am	BodyFit	Tina B.	Court●
9:00am	Mat Pilates	Beth S.	Studio●
10:00am	Aqua Challenge	Catherine	Lg Pool●
11:00am	Therapeutic Yoga	Robbi W.	Studio●
12:00pm	Sit and Fit	Robbi W.	Court●●
5:30pm	Powerplex	Mark M.	Court●
6:30pm	Spin	Mark M.	Spin●
Thursday			
9:00am	Chair Yoga	Robbi W.	Studio●●
9:00am	Spin	Flora K.	Spin●
9:30am	Aqua Challenge	Catherine	Lg. Pool●
10:30am	Therapeutic Splash	Robbi W.	Sm Pool●
10:00am	Total Body Tone	Flora K.	Court●
6:00pm	Progressive LIT	Shalaine	Court●●
Friday			
6:00am	Spin	Carolyn B.	Spin●
8:00am	Balance & Stretch	Deniese K.	Court●
9:00am	Spin	Larry K.	Spin●
9:00 am	Cardio Sculpt	Catherine	Court●●
10:00am	Aqua Challenge	Catherine	Lg Pool●
11:00am	Fundamental Yoga	Deb T.	Studio●●
11:00am	Whopping Movers	Barrie L.	Court●
Saturday			
8:30am	Yoga	Parker	Studio●
9:00am	Spin	Rotation	Spin●
9:00am	HIIT & Core	Tina	Court●●
10:00am	Aqua Challenge	Carolyn B.	Lg Pool●
11:30am	Tai Chi	Sandy B.	Studio●●



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



MEMBER APPRECIATION
Look for some surprises during the last week of January!

Group Pilates Reformer Classes
(fee and sign up required)
Monday 4 pm – Deniese K.
Tuesday 9am – Lauren E.
Wednesday 10am & 11am – Beth S.
Friday 9am – Lauren E.

Swim SRQ Kids Schedule:
Monday and Wednesday 3:00pm–7pm
 (Swim SRQ will use ½ of the therapy pool
 Mon. 4-5 and Wed. 5-6)
Sunday 9:00am-12:30pm
Therapy Pool: Saturday 8:15-9:45am & Sunday 8:50am – 11:30am
 (Swim SRQ will use ½ of the therapy pool)

Pickle Ball Times
Tuesday and Thursday: 1:30pm – 7:30pm
Saturday: 8:30am – 10am

*Please note some instructors may change without notice

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