

May Group Exercise Schedule

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

Monday

	Class	Instructor	Studio
8am	Balance & Stretch	Tina B.	Court ●●
9am	Spin	Catherine D.	Spin ●
10am	Cardio Sculpt	Catherine D.	Court ●
10am	Aqua Challenge	Shalaine	Lg Pool ●●
11am	Whopping Movers	Barrie L.	Court ●●
11am	InBalance	Staff	Court ●●
11am	Fundamental Yoga	Deb T.	Studio ●●●
12pm	Fitness Forward	Staff	Court ●●
1pm	Bone Builders	Staff	Court ●●
5:30pm	Xtreme Workout	Deniese K.	Court ●
6pm	Aqua Pilates	Carolyn B.	Sm Pool ●●
6pm	Spin	Larry K.	Spin ●

Tuesday

	Class	Instructor	Studio
6am	Morning Crunch	Flora K.	Court ●
9am	Chair Yoga	Robbi W.	Studio ●●●
9am	Spin	Flora K.	Spin ●
10am	Aqua Challenge	Carolyn B.	Lg Pool ●●
10am	Total Body Tone	Flora K.	Court ●
10am	Tai Chi	Robbi W.	Studio ●●●
11am	Mat Pilates	Rebecca M.	Studio ●
11am	Healthy Hearts	Staff	Court ●●
11am	Therapeutic Splash	Robbi W.	Sm Pool ●●
6pm	Zumba	Shalaine	Court ●

Wednesday

	Class	Instructor	Studio
6am	Spin	Sue M.	Spin ●
8am	BodyFit	Tina B.	Court ●
9am	Mat Pilates	Beth S.	Studio ●
9am	Spin	Catherine D.	Spin ●
10am	Aqua Challenge	Catherine D.	Lg Pool ●●
10am	Oncology Recovery	Flora K.	Studio ●
11am	Therapeutic Yoga	Robbi W.	Studio ●●●
11am	InBalance	Staff	Court ●●
12pm	Sit and Fit	Robbi W.	Studio ●●●
5:30pm	Powerplex	Mark M.	Court ●
6:30pm	Spin	Mark M.	Spin ●

*Please note some instructors may change without notice

- = Mind Body
- = Cardiovascular
- = Specialty Program
- = Low Intensity
- = Strength/Resistance
- = Fee Based

Thursday

	Class	Instructor	Studio
9am	Chair Yoga	Robbi W.	Studio ●●●
9am	Spin	Flora K. K.	Spin ●
9:30am	Aqua Challenge	Catherine D.	Lg. Pool ●●
10am	Total Body Tone	Flora K. K.	Court ●
10:30am	Therapeutic Splash	Robbi W.	Sm Pool ●●
11am	Healthy Hearts	Staff	Court ●●
12pm	Fitness Forward	Staff	Court ●●
2pm	Oncology Yoga	Parker L.	Studio ●
6pm	Progressive LIIT	Shalaine M.	Court ●●

Friday

	Class	Instructor	Studio
8am	Balance & Stretch	Deniese K.	Court ●
9am	Spin	Larry K.	Spin ●
9am	Powerstep	Parker L.	Court ●●
10am	Aqua Challenge	Catherine D.	Lg Pool ●●
10am	TRX	Rebecca M.	Court ●●
11am	Fundamental Yoga	Parker L.	Studio ●●●
11am	Whopping Movers	Barrie L.	Court ●
1pm	Bone Builders	Staff	Court ●●

Saturday

	Class	Instructor	Studio
9am	Spin	Rotation	Spin ●
10am	Yoga	Parker L.	Studio ●
10am	HIIT & Core	Tina B.	Court ●●
10am	Aqua Challenge	Carolyn B.	Lg Pool ●●

Pilates Reformer Group Classes

(fee and sign up required)

Monday (Level 1) 10 am – Rebecca M.

Monday (Level 2) 11 am – Rebecca M.

Monday (Level 2) 4 pm – Deniese K.

Tuesday (Level 1) 9am – Lauren E.

Tuesday (Level 1) 10am – Rebecca M.

Wednesday (Level 1) 8am & 9am – Rebecca M.

Wednesday (Level 2) 10am & 11am – Beth S.

Friday (Level 1) 8am – Rebecca M.

Friday (Level 2) 9am – Rebecca M.

1st and 3rd Friday (Intro) 12pm – 12:30pm – Rebecca M.

Clinical Programs

(Fee based)

Bone Builders 12pm Monday & Friday

Inbalance 11am Monday & Wednesday

Healthy Hearts 11am Tuesday & Thursday

Fitness Forward 12pm Monday & Thursday

Thrive Oncology (sign-up required)

Wednesday

10am – 11am Exercise Recovery – Flora K.

Thursday

2pm – 3pm Oncology Yoga – Parker L.

Support Group Meetings

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

Memory Café

9-10am (Large Classroom)

Last Wednesday of month

Swim SRQ Kids Schedule

Monday and Wednesday 3:00pm–7pm

(Swim SRQ will use 1/2 of the therapy pool Mon. 4-5 and Wed. 5-6)

Sunday 9:00am-1:00pm

Therapy Pool: Sunday 8:50am – 11:30am

(Swim SRQ will use 1/2 of the therapy pool)

Pickle Ball Times

Tuesday and Thursday: 1:30pm – 8:30pm

Saturday: 8:30am – 10am

Badminton Times

Wednesday: 6:30 – 8:30pm

Friday: 5:30 – 7:30pm

Sunday: 9am – 12pm

MEMORIAL DAY HOURS

Monday May 30, 2022

5am – 12pm



Event's Board

May 2 – 8: Move150 Challenge

May 6: Foundation Golf Fundraiser

May 9 – 15: Walk10K Challenge

May 21: Parkinson's Symposium



Find us on:
facebook

Follow us on [Facebook.com/SMHfit](https://www.facebook.com/SMHfit)

5880 Rand Blvd., Sarasota, FL 34238
(941) 917-7000 | smhfit.com