



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

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

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 M.	Lg Pool ●
11am Whopping Movers	Barrie L.	Court ●
11am Fundamental Yoga	Deb T.	Studio ●●
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 Therapeutic Splash	Robbi W.	Sm Pool ●
5:30pm Aqua Tone	Janelle G.	Lg Pool ●
6pm Zumba	Shalaine M.	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 Whopping Movers	Barrie L.	Court ●
12pm FUNcutional Fitness	Robbi W.	Studio ●●
5:30pm Powerplex	Mark M.	Court ●
6:30pm Spin	Mark M.	Spin ●

September Group Ex Schedule

Thursday

Class	Instructor	Studio
9am Chair Yoga	Robbi W.	Studio ●●
9am Spin	Flora K.	Spin ●
10am Aqua Challenge	Catherine D.	Lg. Pool ●
10am Progressive Stretch and Tone	Lynn A.	Studio ●●
10am Total Body Tone	Flora K.	Court ●
10am Therapeutic Splash	Robbi W.	Sm Pool ●
2pm Oncology Yoga	Parker L.	Studio ●
5:30pm Aqua Tone	Janelle G.	Lg Pool ●
6pm Progressive Tabata	Shalaine M.	Court ●●

Friday

Class	Instructor	Studio
8am Balance & Stretch	Deniese K.	Court ●
9am Spin	Larry K.	Spin ●
9am Powerstep	Parker L.	Studio ●●
10am Aqua Challenge	Catherine D.	Lg Pool ●
10am TRX	Rebecca M.	Court ●●
11am Fundamental Yoga	Parker L.	Studio ●●
11am Whopping Movers	Barrie L.	Court ●
12pm Intro Pilates Reformer	Rebecca M.	Pilates ●

Saturday

Class	Instructor	Studio
9am Spin	Rotation	Spin ●
10am Yoga	Parker L.	Studio ●
9:30am HIIT & Core	Tina B.	Court ●●
10am Aqua Challenge	Carolyn B.	Lg Pool ●
11pm Oncology Qi Gong (Start Sept 17)	Julie T.	Studio ●

PILATES REFORMER GROUP

(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.

Wednesday (Level 2) 10am – Beth S.

Friday (Level 2) 9am – Rebecca M.

Clinical Programs

****New Program Times****

Monday/Wednesday/Friday (Fee based)

Bone Builders 9am – 10am

Inbalance 10am – 11am

Cardiac Phase III Healthy Hearts 12pm – 1pm

Fitness Forward 1pm – 2pm

Thrive Oncology (sign-up required)

Wednesday

10am – 11am Exercise Recovery – Flora K.

Thursday

2pm – 3pm Oncology Yoga – Parker L.

Saturday (Starts 12/

11am – 12pm Oncology Chi Gong – Julie T.

Support Group Meetings

Parkinson's Wellness Club

10am - 11am (Large Classroom)

2nd Wednesday of month

Parkinson's Power Hour & Caregiver Connection

10am - 11am (Large Classroom)

4th Wednesday of month

Stroke Support Group

1am - 2pm (Rehab Pavilion Main Hospital)

2nd Wednesday of month

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-1:00pm
Therapy Pool: Sunday 8:50am – 12:30pm
(Swim SRQ will use ½ of the therapy pool)

Open Pickle Ball

Tuesday and Thursday:
1:30pm – 8:30pm
Saturday: 8:30am – 10am

Open Badminton

Wednesday: 6:30 – 8:30pm
Friday: 5:30 – 7:30pm
Sunday: 11:30am – 2:30pm

HealthFit Hours

Monday – Thursday: 5am – 9pm
Friday: 5am – 8pm
Saturday & Sunday: 7am – 5pm



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