

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

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

Monday

Time	Class	Instructor	Studio
8am	Balance & Stretch	Tina B.	Court ●
9am	Spin	Catherine D.	Spin ●
9:15am	Intro to Zumba	Shalaine M.	Court ●
10am	Cardio Sculpt	Catherine D.	Court ●
10am	Aqua Challenge	Shalaine M.	Lg Pool ●
11am	Whopping Movers	Barrie L.	Court ●
11am	Multi-Level Yoga	Deb T.	Studio ●●
12pm	FUNctional Fitness	Barrie L.	Studio ●●
5:30pm	Xtreme Workout	Deniese K.	Court ●
6pm	Aqua Pilates	Carolyn B.	Sm Pool ●
6pm	Spin	Larry K	Spin ●

Tuesday

Time	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 ●

Wednesday

Time	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	FUNctional Fitness	Robbi W.	Studio ●●
5:30pm	PowerPlex	Mark M.	Court ●
6:30pm	Spin	Mark M.	Spin ●



Thursday

Time	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 ●

Friday

Time	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	Multi-Level Yoga	Parker L.	Studio ●●
11am	Whopping Movers	Barrie L.	Court ●
12pm	Intro Pilates Reformer	Rebecca M.	Pilates ●

Saturday

Time	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	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) 9 am – Lauren S.

Wednesday (Level 2) 10 am – Beth S.

Wednesday (Level 2) 4 pm – Janet B.

Thursday (Level 2) 4 pm – Lauren S. (Starts 10/13)

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

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

Monthly Education Series

TITLE: "New Year's Resolution Success Plan"

PRESENTER: Deniese Kragel

DATE: Monday, December 5, 2022

TIME: 1:00 PM

LOCATION: Large Classroom

****SEATS ARE LIMITED!****

Register at the Front Desk



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 – 12:30pm
(Swim SRQ will use 1/2 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

Thanksgiving Hours

Thursday, November 24: 5am – 12pm

No Regular Group Ex Classes, Clinical Programs, and Paid Services

2nd Annual Turkey Burn and Turkey Splash!



Turkey Burn

9am – 10:30am: 3 classes 30 minutes each
Spin, Total Body, Yoga

Turkey Splash

10am – 11am
Aqua

HealthFit Hours

Monday – Thursday: 5am – 9pm

Friday: 5am – 8pm

Saturday & Sunday: 7am – 5pm



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