



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

Monday

Time	Class	Instructor	Studio
8am	Balance & Stretch	Tina B.	Court ●
9am	Spin	Catherine D.	Spin ●
9am	Zumba	Shalaine M.	Court ●
10am	Cardio Sculpt	Catherine D.	Court ●
10am	Aqua Challenge	Shalaine M.	Lg Pool ●
11am	Whopping Movers	Barrie L.	Court ●
11am	Yoga Tone and Balance	Deb T.	Studio ●●
12pm	FUNctional Fitness	Barrie L.	Studio ●●
5:30pm	Xtreme Workout	Deniese K.	Court ●
6pm	Prenatal Yoga	Parker L.	Studio ●
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	Qi Gong	Robbi W.	Studio ●●
11am	Mat Pilates	Rebecca M.	Studio ●
11am	Therapeutic Splash	Robbi W.	Sm Pool ●
5:30pm	Aqua Tone	Sue M.	Lg Pool ●
5:30pm	SHRED	Tina B.	Studio ●●

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
6am	Morning Crunch	Flora K.	Court ●●
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	Carolyn B.	Lg Pool ●
5:30pm	SHRED	Tina B.	Studio ●●

Friday

Time	Class	Instructor	Studio
8am	Balance & Stretch	Deniese K.	Court ●
9am	Spin	Flora 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 ●
9am	HIIT & Core	Tina B.	Court ●●
10am	Yoga	Parker L.	Studio ●
10am	Aqua Challenge	Carolyn B.	Lg Pool ●
11am	Oncology Qi Gong	Julie T.	Studio ●

PILATES REFORMER GROUP

(fee and sign up required)

- Monday (Level 1)** 10 am – Rebecca M.
- Monday (Level 2)** 4 pm – Deniese K.
- Tuesday (Level 1)** 9 am – Lauren S.
- Wednesday (Level 2)** 10 am – Beth S.
- Thursday (Level 2)** 4 pm – Lauren S.
- Friday (Level 1)** 9am – Rebecca M.

Clinical Programs

Monday/Wednesday/Friday (Fee based)
(Registration required)

Bone Builders 8am – 9am & 9am – 10am

Inbalance 10am – 11am

Cardiac Phase III Healthy Hearts 12pm – 1pm

Fitness Forward 12pm – 1pm & 1pm – 2pm

Thrive Oncology (Registration required)

Tuesday (SMH Hospital Venice)

4pm – 5pm Oncology Yoga – Parker L.

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)

4th Wednesday of month

Stroke Support Group

1am - 2pm (Rehab Pavilion Main Hospital)

2nd Wednesday of month

Monthly Education Series

TITLE: "Proper Lifts for Performance"

PRESENTER: Phil Jones, M.S., CSCS

DATE: Monday, March 6, 2023

TIME: 4:00 PM

LOCATION: Basketball Court

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

Open Basketball

Monday: 6:45pm – 8:45pm
Saturday: 12:30pm – 4:30pm
Sunday: 2:45pm – 4:45pm

HealthFit Hours

Monday – Thursday: 5am – 9pm

Friday: 5am – 8pm

Saturday & Sunday: 7am – 5pm



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