

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	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●

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	Carolyn B.	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●
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 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)

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)

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: "Increase Mobility through Gyrotonic®"

PRESENTER: Lauren Sham

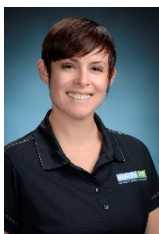
DATE: Monday, February 6, 2023

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 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

New Year Hours

Sunday, January 1, 2023: 12pm – 5pm



HealthFit Hours

Monday – Thursday: 5am – 9pm

Friday: 5am – 8pm

Saturday & Sunday: 7am – 5pm



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