

**MARCH**  
**GROUP EX SCHEDULE**

- = 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●
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	Slow Flow 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	Therapeutic Splash	Robbi W.	Sm 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●

**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	Tina B.	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 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 – Deniese K.

## 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)

4<sup>th</sup> Wednesday of month

Stroke Support Group

1am - 2pm (Rehab Pavilion Main Hospital)

2<sup>nd</sup> Wednesday of month

## Monthly Education Series

**TITLE:** "Breathing/Posture in Relation to Resistance Training and Longevity"

**PRESENTER:** Christian Poslock, M.S., CSCS

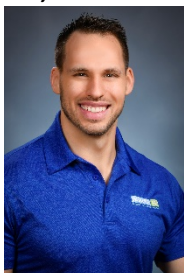
**DATE:** Monday, April 3, 2023

**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 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 – 10:30am**

### 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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