

- = 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 ●●
2pm	Oncology Yoga	Parker 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 ●
5:45pm	SHRED	Tina B.	Studio ●●
5:30pm	Aqua Tone	Sue M.	Lg Pool ●
6:30pm	Aqua Motion	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 ●●
5:45pm	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	Janelle G.	Lg. Pool ●
10am	Progressive Stretch and Tone	Lynn A.	Studio ●●
10am	Total Body Tone	Flora K.	Court ●
10am	Therapeutic Splash	Robbi W.	Sm Pool ●
11am	Gyrokinesis®	Lauren S.	Studio ●●●
5:30pm	Aqua Tone	Carolyn B.	Lg Pool ●
5:45pm	SHRED	Tina B.	Studio ●●

**Friday**

Time	Class	Instructor	Studio
8am	Balance & Stretch	Deniese K.	Court ●
9am	Spin	Flora K.	Spin ●
9am	TRX	Tina B.	Court ●●
10am	Powerstep	Parker L.	Court ●●
10am	Aqua Challenge	Catherine D.	Lg Pool ●
11am	Multi-Level Yoga	Parker L.	Studio ●●
11am	Whopping Movers	Barrie L.	Court ●

**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	Daniele N.	Studio ●

**PILATES REFORMER GROUP**

**(fee and sign up required)**

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

**GYROKINESIS® GROUP**

**(fee and sign up required)**

- Thursday** 11am – Lauren S. (Studio)

## 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 – 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**

## 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)

**Monday**

2pm – 3pm Oncology Yoga – Parker L

**Tuesday (SMH Hospital Venice)**

4pm – 5pm Oncology Yoga – Parker L.

**Wednesday**

10am – 11am Exercise Recovery – Flora K.

**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: "Lower Back Pain and Prevention"**

**PRESENTER: Mandi Davis, CPT**

**DATE: Monday, June 5, 2023**

**TIME: 1:00 PM**

**LOCATION: Large Classroom**

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

**Register at the Front Desk**



### HealthFit Hours

Monday – Thursday: 5am – 9pm

Friday: 5am – 8pm

Saturday & Sunday: 7am – 5pm



**FOLLOW US**

@healthfit.smh



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