

- 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	Gyrokinesis	Lauren S.	Group●●●
11am	Therapeutic Splash	Robbi W.	Sm Pool●●
5pm	Fundamental Yoga	Yely S	Studio●●
5:45pm	SHRED	Tina B.	Court●●
5:30pm	Aqua Tone	Janelle G.	Lg Pool●

## Wednesday

Time	Class	Instructor	Studio
6am	Spin	Sue M.	Spin●
8am	Vinyasa Flow	Yely S	Studio●●
8am	BodyFit	Tina B.	Court●
9am	Mat Pilates	Beth S.	Studio●
9am	Spin	Catherine D.	Spin●
9am	TRX	Tina B.	Court●●
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●
5:30pm	Vinyasa Flow	Yely S.	Studio●●

# December



## GROUP EX SCHEDULE

## 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	Proactive Aging	Lynn A.	Studio●●
10am	Total Body Tone	Flora K.	Court●
10am	Therapeutic Splash	Robbi W.	Sm Pool●●
11am	Gyrokinesis®	Lauren S.	Studio●●●
5pm	Restorative Yoga	Yely S.	Studio●●
5:30pm	Aqua Tone	Carolyn B.	Lg Pool●
6:30pm	Aqua Motion	Janelle G.	Lg Pool●

## Friday

Time	Class	Instructor	Studio
8am	Balance & Stretch	Deniese K.	Court●
8am	Vinyasa Flow	Yely S.	Studio●●
9am	Spin	Flora K.	Spin●
9am	TRX	Tina B.	Court●●
9am	Ageless Athletes	Pam Y.	Studio●●
10am	Step & Strength	Tina B.	Court●●
10am	Aqua Challenge	Janelle G.	Lg Pool●
11am	AquaZen	Janelle G.	Sm Pool●●
11am	Multi-Level Yoga	Parker L.	Studio●●
11am	Whopping Movers	Barrie L.	Court●
2pm	Oncology Recovery	Parker L.	Studio●
6pm	Aqua Pilates	Carolyn B.	Sm Pool●

## Saturday

Time	Class	Instructor	Studio
9am	Spin	Rotation	Spin●
9am	HIIT & Core	Tina B.	Court●●
10am	Yoga	Lynn A.	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 1) 10am – Lauren S.
- Monday (Level 2) 4pm – Deniese K.
- Tuesday (Level 1) 9am – Lauren S.
- Wednesday (Level 2) 10am – Beth S.
- Wednesday (Level 1) 11am – Beth S.
- Thursday (Level 2) 4pm – Lauren S.
- Friday (Level 1) 9am – Deniese K.

### GYROKINESIS® GROUP

(fee and sign up required)

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



## Clinical Programs

### **Monday/Wednesday/Friday (Fee based)**

(Registration required)

#### **Education 1<sup>st</sup> Friday of Month**

**Bone Builders** 8am – 9am, 9am – 10am & 2pm – 3pm

**Inbalance** 10am – 11am

**Cardiac Phase III Healthy Hearts** 12pm – 1pm

**Fitness Forward** 1pm – 2pm

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### **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.

#### **Friday**

2pm – 3pm Oncology Recovery – Parker L.

#### **Saturday**

11am – 12pm Oncology Chi Gong – Daniele N.

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## Support Group Meetings

### **Parkinson's Meet & Greet**

12:00pm-1:00pm (Large Classroom)

1<sup>st</sup> Wednesday of month

### **Parkinson's Caregiver Support Group**

10am-11am (Large Classroom)

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

### **Stroke Wellness Group**

1pm - 2pm (Rehab Pavilion Main Hospital)

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

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## **Monthly Education Series**

**TITLE:** "Aquatic Fitness"

**PRESENTER:** Janelle Gilbert

**DATE:** Monday January 1st, 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)

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### Open Pickle Ball

**Tuesday and Thursday: 1:30pm – 8:30pm**

**Saturday: 8:30am – 10:30am**

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### Open Badminton

**Wednesday: 6:30pm – 8:30pm**

**Friday: 5:30pm – 7:30pm**

**Sunday: 11:30am – 2:30pm**

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### Open Basketball

**Monday: 6:45pm – 8:45pm**

**Saturday: 12:30pm – 4:30pm**

**Sunday: 2:45pm – 4:45pm**

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## Holiday Hours

No Group Exercise or Clinical Classes

**Christmas Eve, Dec 24<sup>th</sup>: 7am-12pm**

**Christmas Day, Dec 25<sup>th</sup>: Closed**

**New Years Eve, Dec 31<sup>st</sup>: 7am-12pm**

**New Years Day, Jan 1<sup>st</sup>: 12pm-5pm**

### HealthFit Hours

**Monday – Thursday: 5am – 9pm**

**Friday: 5am – 8pm**

**Saturday & Sunday: 7am – 5pm**



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