

Register for classes using our app

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

September
GROUP EX SCHEDULE

Monday

Time	Class	Instructor	Studio
6am	Bar & Burn	Flora K.	Court ●
8am	Balance & Stretch	Leslie L.	Court ●
9am	Spin	Catherine D.	Spin ●
10am	Cardio Sculpt	Catherine D.	Court ●
11am	Slow Flow Yoga	Deb T.	Studio ●●
12pm	FUNctional Fitness	Barrie L.	Studio ●●
1pm	Prenatal Yoga	Parker L.	Studio ●
2pm	Oncology Yoga	Parker L.	Studio ●
5:30pm	Pilates, Core & More	Deniese K.	Court ●
6pm	Aqua Pilates	Carolyn B.	Sm Pool ●

Tuesday

Time	Class	Instructor	Studio
6am	Morning Crunch	Flora K.	Court ●
9am	Zumba	Yael C.	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 ●●
1:30pm	Whopping Movers	Barrie L.	Studio ●
4pm	Body Barre	Andrea G.	Studio ●
5pm	Spin Speed	Andrea G.	Spin ●
5pm	Fundamental Yoga	Leslie L.	Studio ●●
5:30pm	Aqua Tone	Carolyn B.	Lg Pool ●
5:45pm	SHRED	Tina B.	Court ●●

Wednesday

Time	Class	Instructor	Studio
6am	Spin	Sue M.	Spin ●
8am	BodyFit	Tina B.	Court ●
9am	Mat Pilates	Beth S.	Studio ●
9am	Spin	Pam Y.	Spin ●
10am	TRX	Brian C.	Court ●●
10am	Aqua Challenge	Pam Y.	Lg Pool ●
10am	Oncology Recovery	Flora K.	Studio ●
11am	Therapeutic Yoga	Robbi W.	Studio ●
12pm	FUNctional Fitness	Robbi W.	Studio ●●
2pm	Chair Yoga	Leslie L.	Studio ●●
4pm	Gentle Yoga	Lynn A.	Studio ●●
4pm	HIIT & Core	Tina	Court ●●
5:30pm	PowerPlex	Mark M.	Court ●

Thursday

Time	Class	Instructor	Studio
6am	Morning Crunch	Flora K.	Court ●●
8am	Body Barre	Andrea G.	Studio ●
9am	Chair Yoga	Robbi W.	Studio ●●
9am	Spin	Flora K.	Spin ●
9am	Zumba	Yael C.	Court ●
10am	Aqua Challenge	Janelle G.	Lg. Pool ●
10am	Proactive Aging	Lynn A.	Studio ●●
10am	Total Body Tone	Flora K.	Court ●
1:30pm	Whopping Movers	Barrie L.	Court ●
5pm	Restorative Yoga	Leslie L.	Studio ●●
6pm	Aqua Pilates	Carolyn B.	Sm Pool ●

Friday

Time	Class	Instructor	Studio
8am	Balance & Stretch	Deniese K.	Court ●
8am	Vinyasa Flow	Leslie L.	Studio ●●
9am	Spin	Lynn A.	Spin ●
9am	Ageless Athletes	Pam Y.	Studio ●●
10am	TRX	Brian C.	Court ●●
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 ●●
2pm	Oncology Recovery	Parker L.	Studio ●

Saturday

Time	Class	Instructor	Studio
9am	Spin	Rotation	Spin ●
9am	HIIT & Core	Tina B.	Court ●●
10am	Yoga	Lynn A.	Studio ●
10am	Aqua Challenge	Leslie L.	Lg Pool ●
11am	Oncology Qi Gong	Daniele N.	Studio ●

PILATES REFORMER GROUP

(fee and sign up required)

Monday (Level 1) 10am – Parker L.

Monday (Level 2) 4pm – Deniese K.

Wednesday (Level 2) 10am – Beth S.

Wednesday (Level 1) 11am – Beth S.

Thursday (Level 2) 4pm – Lauren S.

Friday (Level 1) 9am – Deniese K.

Clinical Programs

(Fee based) (Registration required)

Bone Builders (MWF) 8am – 9am, 9am – 10am & 2:30pm – 3:30pm

Cardiac Phase III Healthy Hearts (MWF) 12pm – 1pm

Fitness Forward (MWF) 1:30pm – 2:30pm

BEST Fall Prevention (MWF) 10am-11am, 11am-12pm

PWR! Gym (MWF) 12pm-1pm

PD Cycle (Tue/Thu) 2:30pm – 3:30pm

Rock Steady Boxing (MWF) 11am-12pm

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.

Group Meetings

Parkinson’s Wellness Group

1:00pm-2:00pm (Large Classroom)

4th Friday of month

Parkinson’s Support Group

9:45am-10:45am (Large Classroom)

1st Wednesday of month

Stroke Wellness Group

1pm - 2pm (Rehab Pavilion Main Hospital)

2nd Wednesday of month

Swim SRQ Kids Schedule

Monthly Education Series

TITLE: “Rehabilitation after Breast Cancer”

PRESENTER: Dr. Steven Papuchis

DATE: Monday October 7th 2024

TIME: 1:00 PM

LOCATION: Large Classroom

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

Register at the Front Desk

Monday and Wednesday 3:00pm–7pm
(Swim SRQ will use ½ of the therapy pool Mon. 4-6 and Wed. 6-6:30)

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: 10:30am-1:30pm

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: 1:30pm – 4:30pm

Sunday: 2:45pm – 4:45pm

HealthFit Hours

Monday – Thursday: 5am – 9pm

Friday: 5am – 8pm

Saturday & Sunday: 7am – 5pm



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