

Register for classes using our app

• Mind Body • Low Intensity • Cardiovascular

• Strength/Resistance • Specialty Program • Fee Based

November

GROUP EX SCHEDULE



Monday

Time	Class	Instructor	Studio
6am	Bar & Burn	Flora K.	Court●
8am	Balance & Stretch	Linda B.	Court●
9am	Spin	Pam Y.	Spin●
10am	Aqua Challenge	Mel B.	Lg Pool●
10am	Strength & Step	Linda B.	Court●
11am	Slow Flow Yoga	Deb T.	Studio●●
12pm	FUNctional Fitness	Barrie L.	Studio●●
2pm	Oncology Yoga	Parker L.	Studio●
5pm	Spin & Tone	Claudia B.	Spin●
6pm	Iron Sculpt	Claudia B.	Studio●●
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	Andrea G.	Spin●
5pm	Fundamental Yoga	Leslie L.	Studio●●
6pm	Aqua Tone	Carolyn B.	Lg Pool●

Wednesday

Time	Class	Instructor	Studio
6am	Spin	Sue M.	Spin●
8am	BodyFit	Mel B.	Court●
9am	Mat Pilates	Beth S.	Studio●
9am	Spin	Pam Y.	Spin●
9am	TRX	Mel B.	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	Claudia B.	Studio●●
4pm	Gentle Yoga	Lynn A.	Studio●●
4pm	HIIT & Core	Mel B.	Court●●
5:30pm	PowerPlex	Mark M.	Court●
6pm	Prenatal Yoga	Claudia B.	Studio●

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	Shalaine M.	Lg. Pool●
10am	Proactive Aging	Lynn A.	Studio●●
10am	Total Body Tone	Flora K.	Court●
11am	Therapeutic Splash	Shalaine M.	Sm Pool●
1:30pm	Whopping Movers	Barrie L.	Court●
5pm	Cardio Sculpt	Mel B.	Court●
5pm	Mat Pilates	Susan D.	Studio●
6pm	Aqua Pilates	Carolyn B.	Sm Pool●

Friday

Time	Class	Instructor	Studio
8am	Intermediate Balance & Stretch	Deniese K.	Court●
8am	Vinyasa Flow	Claudia B.	Studio●●
9am	Spin	Claudia B.	Spin●
9am	Ageless Athletes	Pam Y.	Studio●●
10am	Step & Strength	Tina B.	Court●●
10am	Aqua Challenge	Mel B.	Lg 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	Rotation	Court●●
10am	Yoga	Lynn A.	Studio●
10am	Aqua Challenge	Rotation	Lg Pool●
11am	Oncology Qi Gong	Daniele N.	Studio●

PILATES REFORMER GROUP

(fee and sign up required)

Monday (Level 1) 9am – Catrina L.

Monday (Level 2) 10am – Deniese K.

Tuesday (Level 1) 9am – Susan D.

Wednesday (Level 2) 10am – Beth S.

Wednesday (Level 1) 11am – Beth S.

Wednesday (Level 2) 4pm – JoAnn H.

Thursday (Level 1) 10am – Susan D.

Friday (Level 1) 9am – Deniese K.

Saturday (Level 1) 9am – JoAnn H.

Clinical Programs

(Fee based) (Registration required)

Bone Builders (MWF) 8am – 9am, 9am – 10am,
10am-11am, 11am-12pm & 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

Fit4Recovery; Post Total Hip & Total Knee (WF)
10am-11am

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.

Parkinsons Group Exercise Classes

Rock Steady Boxing (MWF) 11am-12pm & 1pm-2pm

PWR! Gym (MWF) 12pm-1pm

PD Cycle (Tues/Thu) 12:30pm-1:30pm

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

Monthly Education Series

**TITLE: "Nutrition for Longevity: Foods the Slow
Aging & Boost Energy"**

PRESENTER: Mikka Ipri, RDN

DATE: Monday December 1st, 2025

TIME: 1:00 PM

LOCATION: Large Classroom

Swim SRQ Kids Schedule

Monday and Wednesday 3:00pm–7pm

**(Swim SRQ will use ½ of the therapy pool Mon.
4-6 and Wed. 6-6:30)**

Thursday 3:30pm-6:30pm

(Swim SRQ will use 1 lap lane 3:30pm-6:30pm)

Sunday 9:00am-1:00pm

Therapy Pool: Sunday 8:50am – 12:30pm

(Swim SRQ will use ½ of the therapy pool)

Pickle Ball

**Tuesday and Thursday: 1:30pm –
3:30pm (registration required),
3:30pm-5:30pm (registration required),
5:30pm-8:30pm (open play)
Saturday: 10am-2pm (registration
required)**

Open Badminton

Wednesday: 5:30pm – 8:30pm

Friday: 4:30pm – 7:30pm

Sunday: 11:30am – 3:30pm

Open Basketball

Monday: 6:45pm – 8:45pm

Saturday: 2pm – 4:30pm

Sunday: 3:30pm – 4:45pm

Thanksgiving Day Hours:

November 27th 5am-12pm

(No Group Ex or Clinical Programs)

**5th Annual Turkey Burn and
Turkey Splash!**



Turkey Burn

9am – 10:30am: 3 classes 30 minutes each

Spin, Total Body, Yoga

Turkey Splash

10am – 11am

Aqua