

Register for classes using our app

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

April

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 ●●
1pm	Oncology Yoga	Linda B.	Studio ●
5pm	Spin & Tone	Claudia B.	Spin ●
6pm	Yoga Sculpt	Claudia B.	Studio ●●
6pm	Aqua Pilates	Carolyn B.	Sm Pool ●

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 ●
11am	Oncology Recovery	Flora K.	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 HIIT	Carolyn B.	Lg Pool ●

Wednesday

Time	Class	Instructor	Studio
6am	Spin	Sue M.	Spin ●
8am	BodyFit	Mel B.	Court ●
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 ●●
4pm	Gentle Yoga	Lynn A.	Studio ●●
4pm	HIIT & Core	Mel B.	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	Shalaine M.	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.	Studio ●
5pm	Cardio Sculpt	Mel B.	Court ●
6pm	Aqua Pilates	Carolyn B.	Sm Pool ●

Friday

Time	Class	Instructor	Studio
8am	Intermediate Balance & Stretch	Deniese K.	Court ●
8am	Spin	Pam Y.	Spin ●
9am	Slow Flow	Lynn A.	Studio
9am	Ageless Athletes	Pam Y.	Studio ●●
10am	Step & Strength	Linda B.	Court ●●
10am	Aqua Challenge	Mel B.	Lg Pool ●
11am	Pure Movement	Deb T.	Studio ●●

Saturday

Time	Class	Instructor	Studio
8am	HIIT & Core	Claudia B.	Court ●●
9am	Spin	Rotation	Spin ●
9am	Prenatal Yoga	Claudia B.	Studio ●
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 – Linda B.

Monday (Level 2) 10am – Deniese K.

Monday (Level 2) 5pm – JoAnn H.

Monday (Level 1) 6pm – JoAnn H.

Tuesday (Level 1) 9am – Susan D.

Tuesday (Level 2) 10am – Susan D.

Wednesday (Mat Pilates) 9am – Beth S.

Wednesday (Level 2) 10am – Beth S.

Wednesday (Level 1) 11am – Beth S.

Wednesday (Level 2) 4pm – JoAnn H.

Wednesday (Level 1) 6pm – JoAnn H.

Thursday (Level 2) 10am – Susan D.

Thursday (Level 1) 11am – Susan D.

Thursday (Mat Pilates) 5pm – Susan D.

Friday (Level 1) 9am – Deniese K.

Saturday (Level 1) 9am – JoAnn H.

Saturday (Level 2) 10am – 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

1pm-2pm Oncology Yoga – Linda B.

Tuesday

11am-12pm Oncology Recovery – Flora K.

Wednesday

10am-11am Oncology Recovery – Flora K.

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 (Tue) 12:30pm-1:30pm (Thu) 12pm-1pm

Group Meetings

Parkinson's Wellness Group

"Ask the Pro" Lunch n Learn Series

12:00pm-12:55pm (Ste 101, Clark Rd)

April 3rd- Jordan Colbert, MPH, RDN "Gut health and Parkinson's"

April 10th- Amy Giovino, PHARM D- "Understanding Your Medication"

April 17th- Krista Berzonsky & Meghana Hologadde-"DBS Deep Brain Stimulation Therapy for Parkinson's"

April 24th- Suzanne Anderson, PT- "Gait Deficits, Postural Stability & Fall Prevention"

Stroke Wellness Group

1:30pm – 2:30pm (Rehab Pavilion Main Hospital)

2nd Wednesday of month

Stroke Social

12:00pm-1:00pm (Ste 101, Clark Rd)

3rd Monday of the Month

Swim SRQ Kids Schedule

Monday and Wednesday 3:00pm–7pm

(Swim SRQ will use 1/2 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 1/2 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

Monthly Education Series

TITLE: "Oncology; Risk Factors for Lymphedema with Exercise"

PRESENTER: Kim Kennedy, P.T, DPT

DATE: Monday May 4th, 2026

TIME: 1:00 PM

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

Register at the Front Desk