

Register for classes using our app

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

June



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	Rhythm Ride	Mel B.	Spin
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 Strength	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	Haley C.	Court
9am	Spin	Rotation	Spin
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)

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

HealthFit Hours

Monday – Thursday: 5am – 9pm

Friday: 5am – 8pm

Saturday & Sunday: 7am – 5pm



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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 1/2 of the therapy pool from 3:30pm-5:50pm and 2 lap lanes from 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: "Benefits of Exercise Beyond Physical"

PRESENTER: Mike Hudson, P.T, DPT

DATE: Monday July 6th, 2026

TIME: 1:00 PM

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

Register at the Front Desk