

Register for classes using our app

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

# August

## GROUP EX SCHEDULE



### Monday

| Time | Class              | Instructor | Studio   |
|------|--------------------|------------|----------|
| 6am  | Bar & Burn         | Flora K.   | Court●   |
| 8am  | Balance & Stretch  | Rachael B. | Court●   |
| 9am  | Spin               | Pam Y.     | Spin●    |
| 10am | Aqua Challenge     | Mel B.     | Lg Pool● |
| 10am | Strength & Cardio  | Rachael B. | Court●   |
| 11am | Slow Flow Yoga     | Deb T.     | Studio●● |
| 12pm | FUNctional Fitness | Barrie L.  | Studio●● |
| 1pm  | Oncology Flow      | Rachael 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●   |
| 6:30pm | Spin               | Mark M.    | Spin●    |

### 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                | Beth S.    | 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 GROUP CLASSES (Continues on back side) (fee and sign up required)

| Day       | Time | Class   | Instructor |
|-----------|------|---------|------------|
| Monday    | 9am  | Level 1 | Catrina L. |
| Monday    | 10am | Level 2 | Deniese K. |
| Monday    | 5pm  | Level 2 | JoAnn H.   |
| Monday    | 6pm  | Level 1 | JoAnn H.   |
| Tuesday   | 9am  | Level 1 | Susan D.   |
| Tuesday   | 10am | Level 2 | Susan D.   |
| Wednesday | 9am  | Mat     | Beth S.    |
| Wednesday | 10am | Level 2 | Beth S.    |
| Wednesday | 11am | Level 1 | Beth S.    |
| Wednesday | 4pm  | Level 2 | JoAnn H.   |
| Wednesday | 6pm  | Level 1 | JoAnn H.   |
| Thursday  | 10am | Level 2 | Susan D.   |

**PILATES GROUP CLASSES (Continued from front)**  
(fee and sign up required)

| Day      | Time | Class              | Instructor |
|----------|------|--------------------|------------|
| Thursday | 11am | Level 1            | Susan D.   |
| Thursday | 4pm  | Reformer/Chair/Mat | Susan D.   |
| Friday   | 9am  | Level 1            | Deniese K. |
| Saturday | 9am  | Level 1            | JoAnn H.   |
| Saturday | 10am | Level 2            | JoAnn H.   |

## **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 ½ 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 ½ of the therapy pool)**

## **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)**

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

**Stroke Social**

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

**3<sup>rd</sup> Monday of the Month**

### **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: "Pilates for Preparation of Centenarian Decathlon"**

**PRESENTER: Susan Davis-DiMeo, OTR/L, NSCA-CPT**

**DATE: Monday September 21<sup>st</sup>, 2026**

**TIME: 1:30 PM**

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

**Register at the Front Desk**

**HealthFit Hours**

**Monday – Thursday: 5am – 9pm**

**Friday: 5am – 8pm**

**Saturday & Sunday: 7am – 5pm**



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