

Register for classes using our app

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

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●

August

GROUP EX SCHEDULE



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 Flow – Rachael 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 Support Group

9:45am – 10:45am (Parkinson's Resource Library)
1st Wednesday of month

Parkinson's Wellness Club

1pm – 2pm (Parkinson's Resource Library)
4th Friday of month

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

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 21th, 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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5880 Rand Blvd., Sarasota, FL 34238
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