



# May Schedule

### May Group Fitness Updates

- TRX\* : Every Wednesday @5:15pm & Saturday @9:00am \*fee
- Jazzercise : Every Saturday In May @9:00am
- Yogalates : With Ildiko Friday @9:00am
- Ana, Maalika, and Lisette Will Have Subs for May Classes.

Try Tracy Eisnaugle's **TRX** Class 9am Saturday Mornings.

### Membership Updates

- **Member Referrals**  
Refer a new primary member in May and receive A FREE Healthplex performance shirt!
- **Summer Camp**  
Healthplex provides an exclusive Indoor Summer Camp for children ages 7-11. Sign up online @ [sarasotahealthplex.com](http://sarasotahealthplex.com) or see the front desk.

### Healthplex Pool Maintenance

- Healthplex tests chemical levels two times per day.
- Mon.: vacuum pools
- Tues.: sweep pools
- Wed.: vacuum pools
- Sat.: drain jacuzzi at 4pm
- Sun.: sweep pools

### Memorial Day

May 28th, 2012  
8am - 1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<b>Sunrise Cycle</b> 6:00am	<b>Xtreme Workout</b> 6:00am (court)	<b>Sunrise Cycle</b> 6:00am	<b>Xtreme Workout</b> 6:00am	<b>Spin</b> 6:00am	<b>SATURDAY</b> <b>Zumba</b> 8:00am
<b>Spin</b> 8:00am	<b>Mat Pilates</b> 8:00am	<b>Spin</b> 8:00am	<b>Mat Pilates</b> 8:00am	<b>Spin</b> 8:00am	<b>Spin</b> 8:30am
<b>Power Hour</b> 9:00am	<b>Chair Yoga</b> 9:00am	<b>Pilates for Flexibility</b> 8:00am	<b>Spin</b> 9:00am	<b>Yogalates</b> 9:00am	<b>Mat Pilates</b> 9:00am
<b>Jazzercise</b> 9:00am (court)	<b>Aqua Yoga</b> 💧 9:00am (sm pool)	<b>Power Hour</b> 9:00am	<b>Progressive Body Strengthening</b> 9:00am	<b>Pump H2O</b> 10:00am 💧	<b>Aqua Challenge</b> 9:30am 💧
<b>H2O Aqua Fit</b> 9:00am 💧	<b>Spin</b> 9:00am	<b>Wet n' Wild</b> 💧 9:00am	<b>Senior Fitness</b> 9:15am (court)	<b>Cardio Tone</b> 10:00am	<b>Muscle Up</b> 10:15am
<b>Aqua Motion</b> 10:00am 💧	<b>Aqua Challenge</b> 10:00am 💧	<b>Aqua Motion</b> 10:00am 💧	<b>Therapeutic Yoga</b> 10:00am	<b>Fusion</b> 10:00am	<b>SUNDAY</b> <b>Spin</b> 10:30am
<b>Core n' More</b> 10:00am	<b>Cardio Sculpt</b> 10:00am	<b>Multi-Level Yoga</b> 10:00am	<b>Gear it Up</b> 💧 10:00am	<b>Back in Action</b> 💧 11:00am (sm)	<b>Total Body Conditioning</b> 11:30am
<b>Sit Fit</b> 11:30am	<b>Gentle Motion</b> 💧 11:00am (sm pool)	<b>Beginner Zumba</b> 11:00am	<b>Back in Action</b> 💧 11:00am (sm pool)	<b>Restorative Yoga</b> 11:00am	
<b>Spin</b> 4:30pm	<b>Whopping Movers</b> 11:00am (court)	<b>Smart Moves</b> 💧 11:00am (sm)	<b>Total Body Conditioning</b> 11:00am	<b>Whopping Movers</b> 11:00am (court)	
<b>Powerplex</b> 5:30pm	<b>Total Body Conditioning</b> 11:00am	<b>Powerplex</b> 5:30pm	<b>Felipe's Danzaerobics</b> 5:15pm	<b>Spin</b> 5:45pm	
<b>Tai Chi</b> 6:30pm	<b>Zumba</b> 5:00pm	<b>Aqua Tai Chi</b> 💧 6:00pm (sm)	<b>Xtreme Workout</b> 5:30pm (court)		
<b>Zumba</b> 6:30pm (court)	<b>Spin and Core</b> 5:30pm	<b>Zumba</b> 6:30pm	<b>Mat Pilates</b> 6:30pm		
	<b>Iron Yoga</b> 6:30pm	<b>Spin</b> 6:30pm			

**Check Out Our Upgraded Website!**  
We are taking steps to offer more features and accessibility to all members. If you have any comments contact us at [Healthplex-Suggestions@smh.com](mailto:Healthplex-Suggestions@smh.com)