



Free Fitness and Wellness Program for Alderman Oaks Residents



EXAMPLES OF SERVICES

AQUATICS PROGRAMS

CoreSWIM aquatics programs include group exercise classes set to inspiring music and led by our amazing, dedicated instructors. Swim some laps in our multi-lane indoor pools. We even have underwater Hydro Rider bikes for low-impact cardio exercise. When you're ready to relax, enjoy our luxurious sauna, whirlpool, and steam room.

WELLNESS PROGRAMS

CoreFIT wellness programs include over 100 weekly live classes, offering the best group exercise program in Florida. Our freestyle classes are led by motivating instructors and set to inspiring music, and our Les Mills™ programs are launched every 3 months. Come get in the best shape of your life!

CoreFIT highlights include Group Exercise, Hybrid Training, Neuro Cycle, Personal Training, Pickleball, and Pilates Reformer.

CORESRQ FACILITY DETAILS



Kyle Zeigler
Director of
Operations
941-955-8194
kyle@coresrq.org
www.coresrq.org

NORTH BRANCH

1075 South Euclid Avenue
Sarasota, FL 34237

HOURS OF OPERATION

Monday-Thursday 5am-10pm
Friday 5am-9pm
Saturday 7:30am-6pm
Sunday 9am-4pm

POOL HOURS

Monday-Friday 5am-9:30pm
Friday 5am-8:45pm
Saturday 7:30am-4:45pm
Sunday 9am-3:45pm

Resident Instructions: There is no cost for this program. To start we will schedule days, times, and transportation for the most popular activities. We will later transition to more open participation. There is a limited number of passes so for those who are interested please fill out the **CoreSRQ Waiver** at the Front Desk, where all scheduling will be coordinated.

727 Hudson Avenue, Sarasota, FL 34236 • (941) 955-9099 • AldermanOaks.com • #AL8979