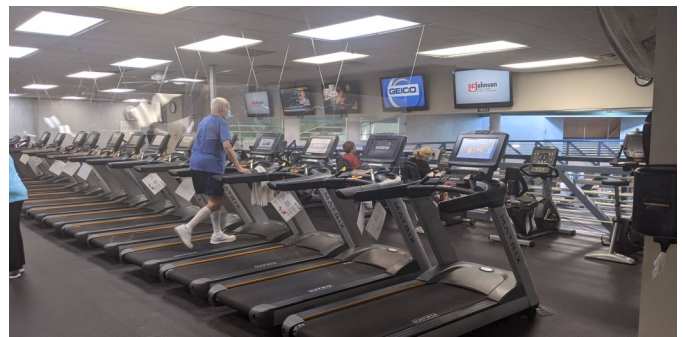




**COMING TOGETHER.
STRENGTHENING
COMMUNITY.
AMPLIFYING IMPACT.**

YMCA OF SOUTHWEST FLORIDA

Free Fitness and Wellness Program for Alderman Oaks Residents at the Sarasota City YMCA Branch



EXAMPLES OF SERVICES

AQUATICS PROGRAMS

The 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

The 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!

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

YMCA FACILITY DETAILS



Kyle Zeigler

Associate Executive
Director

941-955-8194 (ext. 111)

kyle@coresrq.org

www.coresrq.org

SARASOTA CITY 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 Waiver at the Front Desk, where all scheduling will be coordinated.

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