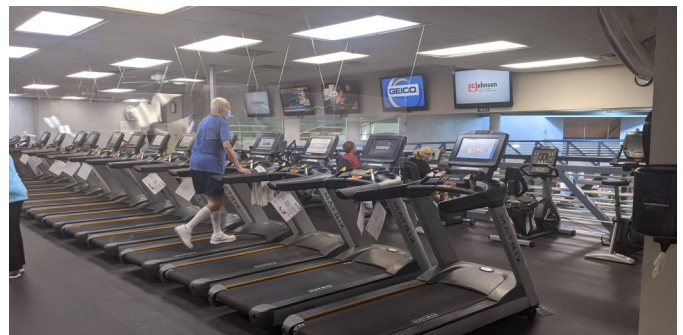




**COMING TOGETHER.  
STRENGTHENING  
COMMUNITY.  
AMPLIFYING IMPACT.**

**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**

Senior Program

Director

941-955-8194 (ext. 111)

[kzeigler@ymcaswfl.org](mailto:kzeigler@ymcaswfl.org)

[www.ymcaswfl.org](http://www.ymcaswfl.org)

#### **SARASOTA CITY BRANCH**

1075 South Euclid Avenue  
Sarasota, FL 34237

#### **HOURS OF OPERATION**

Monday-Thursday 5am-9pm

Friday 5am-8pm

Saturday 7am-6pm

Sunday 8am-5pm

**Resident Instructions:** There is no cost to Alderman Oaks Residents for membership in this program. The only stipulation is that the Resident must be active in using the program. We will pay the \$62 monthly membership fee, and each participant will receive their own personal pass. We will also offer flexible transportation for those residents who do not drive.

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