

Sarasota National Group X Class Descriptions v. 05_01_24 v.1

20-20-20 Class

The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Please bring a mat.

Absolute Beginner Line Dancing Class

These classes are for those with no line dance experience or knowledge of basic steps and step patterns. The inexperienced dancer will learn basic steps used in short dances. Easy straight-rhythm dances are taught at a slow pace using these basic steps. We will be learning Absolute Beginner dance with a focus on correct steps and patterns.

Active Older Adult

A kinder, gentler strength workout appropriate for older adults who would like to include a low-intensity, low-impact workout in their fitness routine. Each class includes resistance training and stretching segments. Standing and Seated exercises offered. No mat work.

Aqua Flow

A low-impact aquatic exercise, performing poses in water to help you develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. Formerly Pool Yoga.

Aqua Zumba®

Fun, music driven, low-impact, high energy workout suitable for all fitness levels. All routines can be performed standing, so you never have to swim or float. Put on your bathing suit, grab a bottle of water and jump in the pool for a great workout. During inclement weather, instructors will provide an indoor low impact resistance band workout. Standing and seated exercises will be offered.

Balance and Flexibility Class

Using stability balls, bands and light weights, this class is designed to improve balance, coordination, strength and flexibility needed for everyday activities. Improving these skills is crucial as we age. With gradual progression, muscles become stronger, posture becomes enhanced, and the body feels in control of every move.

Barre Class

A toning, body-weight-lifting workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles—no ballet experience required.

Barre/Mat Pilates Mix

Combining Ballet inspired movements with Pilates alignment principles, this class incorporates light weights (bands, balls, sliders) with high repetitions moves that challenge your strength, coordination, and balance to help tone your body in ways that no other technique can. Please bring a mat.

Beginner Line Dancing

These classes are intended for dancers who are ready to build upon the skills learned at the Absolute Beginner level. We will be learning harder dances from beginner to easy intermediate. The following questions will help you determine readiness for this level. Do you already understand the following fundamental concepts? Then this is the class for you:

Wall

Face-of-the-clock reference points

Weighted step vs. touch

Basic and Vine patterns, including right and left 1/4 turns

Rock steps, including a Rocking Chair

Toe and heel steps like Touch, Strut, and Bounce

V-step

Step-Pivot Turns, right and left

Boot Camp Class

Circuit stations are set up for timed intervals of free weights, plyometrics, cardio training & balance work. The group can decide to keep this class inside or take it outside depending on weather conditions.

Card Game Class

Members will blindly pick a card making the class spontaneous and different every time. It will be a functional class for all fitness levels utilizing many modes of exercise and equipment (i.e. dumbbells, bands, kettlebell, etc.).

Cardio Kickboxing

Participants will be introduced to the proper technique in executing the four main punches: jabs, crosses, hooks, and uppercuts. In addition to punches, cardio kickboxing participants will also learn how to safely perform the kicks used during class. Front, side, back, and roundhouse kicks are the commonly used kicks in cardio kickboxing and will get your heart rate elevated.

Chair Yoga

A gentle form of yoga that's done while seated or using a chair for balance. In this class, you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good. Benefits of chair yoga include increased mobility, increased strength, stretching the body, reduce stress, reduce pain & clear the mind.

Chisel®

A progressive strength format starting with body weight exercises then adding equipment (i.e. dumbbells, bands, kettlebells, etc.) to increase intensity. Please bring your own mat.

Dance Fusion

This dance fitness class incorporates fun dance movements and light body weight training for an excellent full body cardio workout. Music varies between pop, oldies, and popular dance music. No equipment is required for this energetic workout! All fitness levels are welcome.

Egoscue

Gentle stretches and exercises that can help you understand where you may be experiencing imbalances or dysfunctions that could be limiting your range of motion and/or causing you pain. Bring your own mat.

Foam Roll and Deep Stretch Class

Foam Roller Myofascial Release. A class for everyone, instructions on proper usage of foam rollers for recovery, muscle tension, injuries, tendon lengthening, and stretching. All Fitness Levels are welcome. Foam Roller provided, but you are welcome to bring your own. Please bring your own mat.

Gentle Yoga Flow

This yoga flow is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. Bring your own mat.

Golfer Strength & Flexibility

Classes will improve your overall fitness and allow the body to make a more powerful, effortless and pain-free swing. The class will focus on mobility, stability and strength of the golf swing. All levels are welcome.

Mat Pilates

A strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs. Please bring a mat.

PiYo™

Pilates, yoga, strength training and sports stretch combined in one fitness class, PiYo™. This low-impact workout will increase your fitness level – core strength, flexibility, stability, balance, and posture – as you move from one exercise to the next.

Step + Abs

Step Aerobics is a choreographed routine utilizing a set of steps or moves centered on and around a rectangular platform. The platforms are 4" high and can be adjusted by adding risers so the step becomes taller, increasing the intensity of the workout. The class will end with a die-hard ab blast.

STRONG Nation™

A HITT (high intensity tempo training) class that combines body weight, muscle conditioning, cardio and plyometric training for a total body workout. In each class you'll burn calories while toning arms, legs, abs and glutes. Please bring a mat.

Tai Chi / Yoga / Stretch

A unique combination of Tai Chi and Yoga. The class uses powerful music designed to quiet the mind and increase flexibility, strength, and balance. It is designed for all levels and no previous experience in Tai Chi or Yoga is required. Please bring a mat.

Tai Chi & QiGong Class

Combines martial arts moves, mobility exercises, breath work & meditation techniques for a complete mind/body workout. Standing exercises only.

Tennis & Pickleball Strength & Flexibility

The class focuses on strength, conditioning, and injury prevention. Join us on a journey to becoming a stronger, faster, and more agile player, as we guide you through each step of this weekly game-changing workout.

Total Body Conditioning (TBC)

This class focuses on strengthening and sculpting the body by using dumbbells, bands, as well as your own body weight. An effective way to increase your overall strength in a functional way! A great class for all ages and abilities.

Total Body Pump + Abs

Work all muscle groups with a variety of strengthening and conditioning exercises. This body sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. Please bring a mat.

TRX

A form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Warrior Toning®

A unique practice that fuses the mentality and movement of martial arts with the physicality of functional fitness. Like the practices of martial arts and yoga, the movements don't change often.

Water Aerobics

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Pool noodles will be provided. Members must supply their own foam dumbbell weight set. During inclement weather, instructors will provide an indoor low impact resistance band workout. Standing and seated exercises will be offered.

Weights, Bands, and Balls

An equipment based, full body workout using weights, small exercise balls, and loop resistance bands. All exercises are done standing (no floor work).

Yoga Flow Intermediate

Intermediate Yoga Class. More physically challenging than beginner yoga. A multi-level flow, this yoga class incorporates conscious breath work, vinyasa flows, sun salutations, and balance poses to stretch and strengthen the body. Please bring your own mat

Zumba®

A perfect combination of fun and fitness. The ultimate dance fitness party, filled with a contagious blend of Latin and international rhythms. We take the work out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Come on out and enjoy the party.

Zumba® Step

Zumba® Step is a high intensity lower body workout that blends traditional step aerobics with energetic Zumba® music and routines. **Participants may choose to do the whole class without a step**

Zumba® Toning

Perfect for those who want a dance fitness party along with putting extra emphasis on toning their muscles. Light weights (1 to 3 pounds) are used to help students focus on toning specific muscle groups including arms, core, and lower body. (Note: Participants may choose to do the whole class without weights).