

# SARASOTA NATIONAL MAY 2024 CLASS SCHEDULE v.1

## Monday

8 AM Strong Nation (S1)  
8 AM Total Body Conditioning (S2)  
9:15 AM Water Aerobics (Pool)  
9:15 AM Barre/Mat Pilates Mix (S1)  
10 AM Total Body Pump + Abs (S2)  
10:30 AM Active Older Adult (S1)  
11:30 AM Women Golfer Strength (S2)  
12 PM PiYo (S1)

## Tuesday

8 AM Zumba Toning (S1)  
9 AM Gentle Yoga Flow (S2)  
9:15 AM Tai Chi/Yoga/Stretch (S1)  
10:15 AM TRX (S2)  
10:30 AM Weight Bands & Balls (S1)  
11:30 AM TRX (S2)  
1:30 PM Egoscue (S1)  
5:30 PM 20-20-20 Class (S2)  
6 PM Absolute Beginner Line Dancing (S1)

## Wednesday

6:45 AM Total Body Pump + Abs (S1)  
8 AM 20-20-20 Class (S1)  
8 AM Chair Yoga (S2)  
9 AM Aqua Zumba (Pool)  
9:15 AM Total Body Pump + Abs (S1)  
9:15 AM Yoga Flow Intermediate (S2)  
10:15 AM Water Aerobics (Pool)  
10:30 AM Cardio Kickboxing (S1)  
10:30 AM TRX (S2)  
12 PM Barre (S1)  
11:45 AM Foam Roll & Deep Stretch (S2)  
1 PM Tennis & Pickleball Strength (S2)

## Thursday

8 AM Warrior Toning (S1)  
9 AM TRX (S2)  
9:15 AM Tai Chi/Yoga/Stretch (S1)  
10 AM TRX (S2)  
10:30 AM Weight Bands & Balls (S1)  
11 AM Chair Yoga (S2)  
11:45 AM Men Golfer Strength (S1)  
5:30 PM Gentle Yoga Flow (1)  
5:30 PM Zumba (S2)

## Friday

6:45 AM Total Body Pump + Abs (S2)  
8 AM Balance & Flexibility (S1)  
8AM Total Body Conditioning (S2)  
9:15 AM Barre/Mat Pilates Mix (S1)  
9:15 AM Zumba Step (S2)  
10 AM Aqua Flow (Pool)  
10:30 AM Active Older Adult (S1)  
10:30 AM Weight Bands & Balls (S2)  
12 PM Tai Chi & QiGong (S1)

## Saturday

8 AM Boot Camp (S1)  
8 AM Gentle Yoga (S2)  
9 AM Aqua Zumba (Pool)  
9:15 AM Total Body Pump + Abs (S1)  
10:30 AM Dance Fusion (S1)

*Member \$5/class*

*Guest \$10/class*

*Member charged to club account.*

*Check accepted. No cash payment.*

*Class Questions: 941-244-4808*