

Sarasota National Fitness Center Group Fitness Class Descriptions v. 08_19_26

Aqua Fitness

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. 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.

Cardio & Core

A fitness class that combines dance aerobics & choreographed toning to get your heart pumping to some beats followed by a focused core cool down and stretch to end a high energy class meant to burn calories, develop functional agility and strength while improving flexibility.

Chair Fitness

A low-intensity workout that uses a chair for cardio, strength, and flexibility exercises. This class is aimed at people of all fitness levels and abilities, and may be suitable for people with balance issues, recovering from injury or surgery, and/or starting an exercise routine.

Hatha Yoga Flow - All Levels

A class balances strength, flexibility, and mindfulness by blending static, alignment-focused poses with gentle, breath-guided movement. Suitable for beginners to intermediate practitioners, it encourages connecting with the body, improving posture, and calming the mind at a steady, accessible pace.

Egoscue Method

Our exercises amount to muscle and joint tutorials – reminding the muscles what to do and how to do it – and restoring the body to a more balanced, healthy state. That change is often all that it takes to eliminate pain, reduce injury, and improve movement. Small Group Training Class. Can not be billed to your club account. Contact Class Instructor via call or text Karen B 410-474-3443 for more info on small group training.

Mat Pilates

This mat-based Pilates workout focuses on core strength, flexibility, balance, and overall body awareness. The class will lengthen and strengthen the muscles while giving you a full-body workout. We will utilize the magic circle, thera-band, small ball, and light weights to help sculpt the body as well as increase strength and range of motion.

Restorative Stretch

Our Restorative Stretch Class is a slow-paced, low-impact practice designed to relieve physical tension, reduce stress, and improve mobility. It focuses on passive stretching, utilizing yoga props like bolsters, blocks, and blankets to fully support the body so that muscles can relax completely. This class is great for pain management, stress relief, and golfers/tennis/pickleball players after-play cooldown!

Tai Chi-Yoga-Stretch

A unique combination of Tai Chi and Yoga moves and stretching. The class uses powerful music designed to quiet the mind and increase flexibility, strength, stability, and balance. All moves are done standing (no floor work).

Total Body Pump + Abs

This strength and endurance training class targets primary muscle groups with a variety of equipment and training methods to build muscle, improve joint stability and range of motion. All fitness levels welcome.

Total Body Strength

A resistance-based workout that targets all major muscle groups to build functional strength, improve muscle tone, and increase definition. Classes typically use equipment like dumbbells, barbells, and resistance bands, and may include bodyweight exercises, core work, balance, and a warm-up and cool-down. These classes often incorporate compound movements that engage multiple muscles simultaneously.

TRX – All Levels

Participants must have a clear understanding of strap set up and body mechanics in suspension training to allow all fitness levels to work together to reach their goals. Using basic movements at a slower pace, with an emphasis on proper form, modifications, and safety techniques, designed for individuals new to TRX exercise or with injuries, allowing participants learn the basics of using the straps.

Weights & Bands

Weights & Bands is an equipment-based workout that focuses on glutes, legs, and core while also working other muscle groups. Resistance bands and weights will be used.

Zumba®

A Zumba class is a dance-based cardio workout that blends Latin and international music with dance moves, creating a fun and energetic fitness experience. It's designed to be easy to follow, making it accessible to people of all fitness levels and ages.