

SARASOTA YACHT NOVEMBER & DECEMBER FITNESS CLASS SCHEDULE

For questions about classes or personal training, contact B Powerful 941-504-4767.

Monday

3-3:45 PM Total Body Pump + Abs
4-4:45 PM Foam Roll + Deep Stretch

Tuesday

9-9:45 am Total Body Pump + Abs
10-10:45 am Foam Roll + Deep Stretch

Thursday

9-9:45 am Total Body Pump + Abs
10-10:45 AM Foam Roll + Deep Stretch

Class Descriptions

Foam Roll + 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.

Total Body Pump + Abs

A total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit. Get heart healthy, improve your energy level and burn serious calories.