

**SARASOTA NATIONALA JANNUARY 2026 CLASS SCHEDULE**

**Monday**

- 8 AM Total Body Pump + Abs (S2)
- 9 AM Hatha Yoga Flow - All Levels (S1)
- 9:15 AM Cardio & Core (S2)
- 11 AM Golfer Strength & Flex (S1)

**Tuesday**

- 8 AM Weights & Bands (S1)
- 8 AM TRX - All Levels (S2)
- 9:15 AM Weights & Bands (S1)
- 9:15 AM TRX - All Levels (S2)
- 10:30 AM Aqua Fitness (Pool)

**Wednesday**

- 8 AM Total Body Pump + Abs (S2)
- 9 AM Aqua Zumba (Pool)
- 9:15 AM Hatha Yoga Flow - All Levels (S1)
- 9:15 AM Cardio & Core (S2)
- 10:30 AM Chair Fitness (S2)

**Thursday**

- 8 AM Mat Pilates (S1)
- 9:15 AM TRX - All Levels (S2)
- 9:15 AM Zumba (S1)
- 10:30 AM Aqua Fitness (Pool)
- 11 AM Golfer Strength & Flex (S1)

**Friday**

- 8 AM Weights & Bands (S1)
- 8 AM TRX - All Levels (S2)
- 9:15 AM Weights & Bands (S1)
- 9:15 AM Hatha Yoga Flow - All Levels (S2)
- 9:30 AM Aqua Fitness (Pool)
- 10:30 AM Chair Fitness (S2)

**Saturday**

- 9 AM Zumba (S1)
- 9 AM Total Body Strength (S2)
- 9 AM Aqua Zumba (Pool)

*Member \$6/class (TRX & Barre \$8/class)  
Guest \$10/class  
Renters: \$60 10 pack paper voucher  
Member charged to club account. Renters pre-pay.  
Check accepted. No cash payment.  
Fitness Center Desk: 941-244-4808  
Mgr Bethany: 941-504-4767*