

# SARASOTA YACHT

## JANUARY & FEBRUARY 2026

### 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.