

# SARASOTA YACHT CLUB

## 2025 FITNESS CLASSES

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

### **Tuesdays**

9-9:45 AM Total Body Pump + Abs

10-10:45 AM PiYo (Pilates/Yoga Mix)

### **Thursdays**

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.

#### **PiYo (Pilates/Yoga Mix)**

Combines the core-building elements of yoga, the strength-training of Pilates, and the calorie-burning power of cardio into one well-rounded fitness routine.

#### **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.