

**SARASOTA NATIONAL MAY 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 (S1)

## Thursday

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

## Friday

- 8 AM Weights & Bands (S1)
- 8 AM Mat Pilates (S2)
- 9:15 AM Weights & Bands (S1)
- 9:15 AM Hatha Yoga Flow - All Levels (S2)
- 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*