

Sarasota National Fitness Center Group Fitness Class Descriptions

Aqua Fitness

A low-impact aquatic exercise, performing poses in water to help you develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Pool noodles will be provided. Members must supply their own foam dumbbell weight set.

Aqua Zumba®

Aqua Zumba® is a music-driven, low-impact, high energy workout in the pool and is suitable for all fitness levels. All routines can be performed standing, so you never have to swim or float. Put on your bathing suit and jump in the pool for a great workout. During inclement weather, instructors will provide an indoor low impact resistance band workout. Standing and seated exercises will be offered with no floor work.

Beginner Yoga

Have you been too intimidated to attend our weekly Yoga classes? Build your yoga confidence with us! Learn the basics of yoga practice, proper form, and alignment in a slower pace. Yoga mats are provided, or you can bring your own.

Boot Camp Class

Circuit stations are set up for timed intervals of free weights, plyometrics, cardio training & balance work. The group can decide to keep this class inside or take it outside depending on weather conditions.

Cardio & Core

A fitness class that combines cardiovascular exercises with core-strengthening exercises. It typically involves a mix of cardio intervals, such as jumping jacks or high knees, and core work, like planks and crunches. The class aims to improve cardiovascular health, build strength and endurance in the core muscles, and burn calories.

Chair Fitness

A low-intensity workout that uses a chair for cardio, strength, and flexibility exercises. This class is aimed at people of all fitness levels and abilities, and may be suitable for people with balance issues, recovering from injury or surgery, and/or starting an exercise routine.

Hatha Yoga Flow

Warm up with Sun Salutations A and B and flow through a series of asanas designed to: increase balance, flexibility, strength, and peace of mind.

Egoscue Method

Our exercises amount to muscle and joint tutorials – reminding the muscles what to do and how to do it – and restoring the body to a more balanced, healthy state. That change is often all that it takes to eliminate pain, reduce injury, and improve movement. Small Group Training Class. Can not be billed to your club account. Contact Class Instructor via call or text Karen B 410-474-3443 for more info on small group training.

Mat Pilates

This mat-based Pilates workout focuses on core strength, flexibility, balance, and overall body awareness. The class will lengthen and strengthen the muscles while giving you a full-body workout. We will utilize the magic circle, thera-band, small ball, and light weights to help sculpt the body as well as increase strength and range of motion.

Power Yoga

Fitness-based style of yoga that emphasizes strength, flexibility, and endurance through dynamic movement and breath synchronization. It is a fast-paced, vinyasa-style yoga,

Total Body Pump + Abs

This strength and endurance training class targets primary muscle groups with a variety of equipment and training methods to build muscle, improve joint stability and range of motion. All fitness levels welcome.

TRX – All Levels

Utilizing a suspension training system that leverages a user's body weight and gravity to provide a challenging and effective workout. These classes typically focus on building strength, endurance, flexibility, and balance through exercises that incorporate the TRX straps.

Weights & Bands

Weights & Bands is an equipment-based workout that focuses on glutes, legs, and core while also working other muscle groups. Resistance bands and weights will be used.

Yoga Stretch

This class focuses more on stretching and restorative postures and less on strength and endurance. Less vigorous than Ashtanga and Hatha Yoga; Utilizing straps, bands and Yoga blocks for longer stretches and supported transitions.

Zumba®

A perfect combination of dance, fun and fitness. Zumba® is the ultimate dance fitness party, filled with a contagious blend of Latin and international rhythms and mixing low-intensity and high-intensity moves. Come on out and join the party!