

SARASOTA NATIONAL JULY - OCTOBER 2024 CLASS SCHEDULE

Monday

9:15 AM Water Aerobics (Pool)
9:15 AM Barre/Mat Pilates Mix (S1)
10 AM Total Body Pump + Abs (S2)
11:30 AM Golfer Strength (S2)

Tuesday

9 AM TRX (S2)
9 AM Tai Chi/Yoga/Stretch (S1)
10:15 AM TRX (S2)
10:15 AM Weight Bands & Balls (S1)

Wednesday

9 AM Aqua Zumba (Pool)
9:15 AM Total Body Pump + Abs (S1)
9:15 AM Yoga Flow - All Levels (S2)
10:30 AM Egoscue (S1)
10:30 AM TRX (S2)

Thursday

9 AM Zumba (S1)
9 AM TRX (S2)
10:15 AM TRX (S2)

Friday

9 AM Mat Pilates (S2)
9:15 AM Barre Fusion (S1)
10:15 AM Aqua Flow (Pool)
10:30 AM Weight Bands & Balls (S2)

Saturday

9 AM Boot Camp (S1 & S2)
9 AM Aqua Zumba (Pool)

Member \$5/class

Guest \$10/class

Member charged to club account.

Check accepted. No cash payment.

Fitness Center Desk: 941-244-4808

Fitness Mgr Bethany: 941-504-4767