

Sarasota National Fitness Center – Group X Class Descriptions effective 08_01_24

Aqua Flow

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. Formerly Pool Yoga.

Aqua Zumba®

Fun, music driven, low-impact, high energy workout suitable for all fitness levels. All routines can be performed standing, so you never have to swim or float. Put on your bathing suit, grab a bottle of water and jump in the pool for a great workout.

Barre Fusion

A challenging, full-body workout that combines ballet, yoga, Pilates, dance, and resistance exercises using dumbbells, resistance bands, a Pilates ball, or a towel.

Barre/Mat Pilates Mix

Combining Ballet inspired movements with Pilates alignment principles, this class incorporates light weights (bands, balls, sliders) with high repetitions moves that challenge your strength, coordination, and balance to help tone your body in ways that no other technique can. Please bring a mat.

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.

Egoscue

Gentle stretches and exercises that can help you understand where you may be experiencing imbalances or dysfunctions that could be limiting your range of motion and/or causing you pain. Bring your own mat.

Golfer Strength & Flexibility

Men and Women Golfers welcome. Classes will improve your overall fitness and allow the body to make a more powerful, effortless and pain-free swing. The class will focus on mobility, stability and strength of the golf swing. All levels are welcome.

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, theraband, small ball, and light weights to help sculpt the body as well as increase strength and range of motion.

Tai Chi / Yoga / Stretch

A unique combination of Tai Chi and Yoga. The class uses powerful music designed to quiet the mind and increase flexibility, strength, and balance. It is designed for all levels and no previous experience in Tai Chi or Yoga is required. Please bring a mat.

Total Body Pump + Abs

Work all muscle groups with a variety of strengthening and conditioning exercises. This body sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. Please bring a mat.

TRX

A form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Warrior Toning®

A unique practice that fuses the mentality and movement of martial arts with the physicality of functional fitness. Like the

practices of martial arts and yoga, the movements don't change often.

Water Aerobics

A low impact but high intensity water aerobics class where no swimming skills are needed. 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.

Weights, Bands, and Balls

An equipment based, full body workout using weights, small exercise balls, and loop resistance bands. All exercises are done standing (no floor work).

Yoga Flow

All levels yoga class suitable for any level of yoga student, from beginners to masters. These classes offer modifications, options, and variations to accommodate different needs and preferences. Bring your own mat.

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!