

SARASOTA YACHT CLUB SUMMER 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 Box & Kickbox Class

Class Descriptions

Box & Kickbox Class

All classes will include a variety of shadow boxing and footwork. Students will also go through a variety of core, cardio, and strength exercises. Random combinations and cardio punches are called out by the instructor, lasting between 20- 30 seconds.

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.