

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. 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.

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.

Barre

A low-impact, high-intensity workout blending ballet-inspired moves with Pilates, yoga, and strength training to sculpt, tone, and improve flexibility. Using a ballet barre for balance, it focuses on small, isometric, pulse-like movements to fatigue muscles, creating a full-body burn, often using light weights or props.

Cardio & Core

A Cardio and Core class is 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 - All Levels

A class balances strength, flexibility, and mindfulness by blending static, alignment-focused poses with gentle, breath-guided movement. Suitable for beginners to intermediate practitioners, it encourages connecting with the body, improving posture, and calming the mind at a steady, accessible pace.

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.

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.

Total Body Strength

A resistance-based workout that targets all major muscle groups to build functional strength, improve muscle tone, and increase definition. Classes typically use equipment like dumbbells, barbells, and resistance bands, and may include bodyweight exercises, core work, balance, and a warm-up and cool-down. These classes often incorporate compound movements that engage multiple muscles simultaneously.

TRX – All Levels

Participants must have a clear understanding of strap set up and body mechanics in suspension training. This will allow beginner and intermediate levels to work together to reach their goals. Using basic movements at a slower pace, with an emphasis on proper form, modifications, and safety techniques, designed for individuals new to TRX exercise or with injuries, allowing participants learn the basics of using the straps while building strength and stability in a controlled environment. Instructors will provide alternative options for exercises to accommodate limitations, injuries, or intermediate fitness levels.

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.

Zumba®

A Zumba class is a dance-based cardio workout that blends Latin and international music with dance moves, creating a fun and energetic fitness experience. It's designed to be easy to follow, making it accessible to people of all fitness levels and ages.