

SARASOTA NATIONAL OCT-NOV 2025 CLASS SCHEDULE

Monday

8 AM Total Body Pump + Abs (S2)
9 AM Hatha Yoga Flow - All Levels (S1)
9:15 AM Cardio & Core (S2)
11 AM Golfer Strength & Flex (S1)

Tuesday

8 AM Weights & Bands (S1)
9 AM TRX - All Levels (S2)
9:15 AM Weights & Bands (S1)
10:15 AM Aqua Fitness (Pool)

Wednesday

8 AM Sunrise Tai Chi (Outdoors)
8 AM Total Body Pump + Abs (S2)
9 AM Aqua Zumba (Pool)
9:15 AM Barre (S1)
9:15 AM Cardio & Core (S2)
10:30 AM Chair Fitness (S2)

Thursday

8 AM Mat Pilates (S1)
9 AM TRX (S2)
9:15 AM Zumba (S1)
10:15 AM Aqua Fitness (Pool)

Friday

8 AM Weights & Bands (S1)
9:15 AM Weights & Bands (S1)
9 AM Hatha Yoga Flow - All Levels (S2)
10:15 AM Yoga Core Strength (S2)

Saturday

8 AM Boot Camp (S2)
9 AM Aqua Zumba (Pool)
9:15 AM Zumba (S1)
9:15 AM Beginner Yoga (S2))

Member \$6/class (TRX & Barre \$8/class)

Guest \$10/class

Renters: \$60 10 pack paper voucher

Member charged to club account. Renters pre-pay.

Check accepted. No cash payment.

Fitness Center Desk: 941-244-4808

Mgr Bethany: 941-504-4767