



ELITE (FEE BASED)
RESISTANCE
CARDIO
MIND/BODY

Club Hours:
 Mon-Tues 5A-8:30P
 Wed-Thu 5A-8P
 Fri-5A-7P
 Sat-8A-4P
 Sun-9A-2P



Sarasota-941-341-9276

www.sarasota.shapesfitnessforwomen.com

PLEASE BRING YOUR MAT TO CLASS

ELITE: FEE BASED RSVP required
 GROUP: INCLUDED IN PREMIER MEMBERSHIP

Kids Club Hours:
 Mon- 8A-12P 4:30-7P
 Tues- 8A-12P 5P-7P
 Wed- 8A-12P 5P-7P
 Thu - 8A-12P 5P-7P
 Fri- 8A-12P
 Sat- 8A-12P

	MONDAY	TUESDAY	WEDS	THURS	FRIDAY	SATUR DAY	SUNDAY
5:45		Cardio/Weights MORGAN 45 mins		Weights/cardio Krystel 45 mins	Weights/cardio MORGAN 45 mins		
Elite/ Cycle	8:00 Cycle Regina		8:00 Cycle Regina		8:00 Cycle Regina		
8:30	FITNESS SURPRISE Regina (25 MINS)	YOGA Vinyasa style Krystel (60 mins)	BARRE SCULPT Morgan (45 mins)	TONE UP Suzanne (25 min)	PILATES Cathy (1 hour)		
9:00	Kettlebell Regina (25 min)			Core-stretch Suzanne (25 min)		Cardio STEP 360 Lynn (25 min)	
ELITE	9:30 TANK TOP ARMS		9:30 AWESOME ABS	9:30 Bands Gone Wild	9:00 BIKINI BOTTOMS		
9:30	FOREVER FIT DARCI Cardio/ Weights (total 45 MIN)	BUTTS N GUTS Krystel (25 min)	Yoga FLOW REENA (1 HOUR)	FITNESS SURPRISE Olivia (25 min)	WERQ OLIVIA (45 MIN) Fitness Dance	Core and More Lynn (25 min)	TOTAL BODY BURN KRYSTEL (25 mins)
10:00		Cardio Drills LILA (25 min)		BEYOND THE CORE Olivia (25 min)		Yoga Morgan (1 hour)	BODY FLOW BARRE KRYSTEL (25 mins)
10:30	Pilates Cathy (1 hour)	Tai Ball DARCI (25 mins) Dance Darci (25 mins)	Balance- Core-Stretch REGINA (1 hour)	FOREVER FIT- DANCE DARCI (45 min)	FOREVER FIT DARCI Cardio/ Weights (total 45 MIN)		
4:30				Stretch & Release REGINA (1 hour)			
5:30	FITNESS SURPRISE Morgan (25 mins)	BARRE and BEYOND Regina (25 min)	Burn & Build Olivia (25 min)	Super Strength Olivia 30 mins			
6:00	Body Strength Morgan (total 25 min)	Pump Regina (25 min)	WERQ Fitness Dance	WERQ Olivia (45 mins)			
6:30		6:30 Cycle Regina	OLIVIA (1 hour)				

MIND AND BODY:

YOGA; YOGA FLOW; POWER YOGA: Variety of Fitness style yoga, including Hatha and Vinyasa, using a flowing series of poses that create strength, flexibility, endurance, and balance. All fitness levels welcome.

PILATES: Improves flexibility, builds strength, and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, coordination, and balance.

STRETCH & RELEASE: An exercise recovery program designed to relax your muscles with gentle stretches. Increasing flexibility to minimize injury.

TAI BALL: 'Meditation in Motion' is a series of postures and body movements using a ball in a slow and graceful manner, with each movement flowing without pause to the next.

YOGALATES: A wonderful combination of Yoga and Pilates!

CARDIO:

BATA BODY: A Tabata style (interval) total body workout designed to get your heart rate elevated anaerobically for short periods of time.

WERQ: Fiercely fun dance fitness class based on pop, rock, and hip-hop music. High energy while great for all fitness levels.

FITNESS SURPRISE: Blast your cardio fitness level with a variety of cardio moves. You will challenge your aerobic and anaerobic threshold each time. Be ready to burn some bodyfat and calories! It's never the same routine.

CARDIO Drills: Blast your cardio fitness level with a variety of cardio moves. You will challenge your aerobic and anaerobic threshold each time. Be ready to burn some bodyfat and calories!

FOREVER FIT: An active aging low-impact class for our aging & ageless. Groove to old school music while working on cardio endurance, balance, strength, and stability.

CARDIO STEP 360: Using the Step 360s as the riser, the moves target your legs and core, building strength, agility, balance, coordination, and cardio. Compliments workouts for all ages and fitness levels.

STRENGTH:

BARRE & BEYOND: Uses portable ballet barres while doing exercises that focus on isometric strength training, combined with high reps of small range-of-motion movements. Targets core, butt, and thighs.

BUTTS-N-GUTTS: A butt-kicking, gut-wrenching, thigh-toning class aimed at improving your core and strengthening your back to improve posture and core strength.

CORE & MORE: While your core is certainly targeted, your whole body will be feeling the burn in this dynamic workout combining strength with light cardio.

KETTLEBELL STRENGTH: A fun workout teaching proper form and technique as you strengthen and tone your entire body using kettlebells. Benefits: cardio, flexibility, speed, power, strength, balance, and mental toughness.

SUPER STRENGTH: Boost your metabolism by increasing lean muscle mass, while toning, firming, tightening, and conditioning. Class incorporates dumbbells and body bars. Good for all fitness levels.

BURN & BUILD: Build strength and muscle mass while boosting your metabolism in a class designed for all levels.

PUMP: Our signature barbell & dumbbell resistance training workout formatted to music.