



FITNESS WITH A MISSION

SOUTH BRANCH MASTER CLASS SCHEDULE (EFFECTIVE 8/11/23)

CORESQR SOUTH BRANCH
8301 POTTER PARK DRIVE
SARASOTA, FL 34238
(941) 922-9622
WWW.CORESQR.ORG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7AM BODYPUMP TAYA	6-6:30AM LES MILLS SPRINT KAREN	6-7AM BODYPUMP MARILU	6-6:30AM LES MILLS SPRINT KAREN	6-7AM BODYPUMP MARILU	7:45-8:45AM ZUMBA* JANET	10:15-11:15AM BODYCOMBAT* LARA
6-7AM CIRCUITS JUDE	6:45-7:15AM LES MILLS CORE* VIRTUAL	6-7AM CIRCUITS JUDE	6:45-7:15AM LES MILLS CORE VIRTUAL*	6-7AM CIRCUITS JUDE	7:45-8:45AM STEP 8 SCULPT CAROLYN	10:45-11:30 CYCLE ALIX
6-6:45 LES MILLS THE TRIP VIRTUAL	8-8:50AM PILATES CHARLIE	6-6:45 LES MILLS RPM VIRTUAL	8-8:50AM PILATES CHARLIE	6-6:45 LES MILLS THE TRIP VIRTUAL	8-9AM HYBRID RICHARD	11:15AM-12:15PM BODYPUMP LARA
8-8:50 MUSCLEWORKS CHARLIE	8-8:50AM WATER IN MOTION TASHA	8-8:50 YOGA* CHARLIE	8-8:50AM WATER IN MOTION TASHA	7-8AM BODYBALANCE* KAREN	8:30-9:20AM WATER IN MOTION TASHA	11:30AM-12:30PM BODYBALANCE* JUDE
8-9 MUSCLEWORKS BARBARA	9-10AM PRIME TIME TOM	8-9AM MUSCLEWORKS BARBARA	9-10AM PRIME TIME TOM	8-8:50AM PILATES JUDY	8:45-9:15 LES MILLS SPRINT ERIC	12:30-1:30PM STEP 8 SCULPT CAROLYN
8-8:45AM LES MILLS RPM VIRTUAL	9-10AM MUSCLEWORKS JANET	8-8:45AM LES MILLS THE TRIP VIRTUAL	9-10AM MUSCLEWORKS JANET	8-8:45AM LES MILLS RPM VIRTUAL	9-10AM BODYPUMP LARA	
8-9AM HYBRID KELLY	9-9:30AM GRIT STRENGTH CHARLIE	8-9AM HYBRID KELLY	9-9:30AM GRIT STRENGTH CHARLIE	8-9AM HYBRID KAREN	9-10AM PILATES JANET	
8-8:50AM H2O BLAST GALEY	9-9:50AM SHA-DEEP TASHA	8-8:50AM AQUA YOGA ELIANA	9-9:50AM SHA-DEEP TASHA	8-8:50AM H2O BLAST GALEY	9-30-10AM LES MILLS CORE VIRTUAL*	
9-10AM PILATES JANE	9-15-10AM POWERCYCLE LARA	9-10AM BODYPUMP JANET	9-15-10AM POWERCYCLE LARA	9-10AM MUSCLEWORKS BARBARA	10:15-11:15AM BODYCOMBAT* LARA	
9-9:50AM SHA-DEEP GALEY	9:45-10:45AM HYBRID ERIC	9-10AM CARDIOSTEP BARBARA	9:45-10:45AM HYBRID ERIC	9-9:50AM SHA-DEEP GALEY	10:15-10:45AM GRIT ATHLETIC ERIC	
9:15-10:15 BARRE LARA	10-10:50 TALK & TONE TASHA	9-9:50AM SHA-DEEP ELIANA	10-10:50 TALK & TONE TASHA	9:15-10:15 BARRE LARA	10:15-11:15AM CYCLE ALIX	
9:15-10:15 CYCLE JUDY	10:15-11:15 BODYPUMP JANET	9:15-10:15 CYCLE MARIANNE	10:15-11:15 BODYPUMP LARA	9:15-10:15 CYCLE JUDY	11AM-12:15PM YOGA* BONNIE	
9:45-10:45AM HYBRID KAREN	10:15-11:15 BODYCOMBAT* CHARLIE	9:45-10:45AM HYBRID KAREN	10:15-11:15 BODYCOMBAT* CHARLIE	9:45-10:45AM HYBRID KAREN	11:15AM-12PM BODYATTACK* LARA	
10-10:50AM AQUA FIT DON	10:30-11:30 NEUROCYCLE TOM	10-10:50AM AQUA FIT DON	10:30-11:30 NEUROCYCLE TOM	10-10:50AM AQUA FIT DON		
10:15-11:15 YOGA* BOB	11-11:50AM HYDRORIDER TASHA	10:15-11:15 BODYATTACK* LARA	11-11:50AM HYDRORIDER TASHA	10:15-11:15 YOGA* ROSEMARY		
10:15-11:15 BODYCOMBAT* LARA	11:30AM-12:30PM DANCETRANCE* SARA	11:30AM-12:30PM GENTLE YOGA* JACQUELINE	11:30AM-12:30PM DANCETRANCE* SARA	10:15-11:15 BODYCOMBAT* LARA		
1-2PM SIT-N-FIT TOM	5-5:45PM BODYPUMP LARA	11:30AM-12:30PM TAI CHI ERIC	5-5:45PM BODYPUMP KIM	1-2PM SIT-N-FIT TOM		
5-5:45PM BODYPUMP JANET	5:45-6:15PM LES MILLS SPRINT LEIGH	1-2PM SIT-N-FIT TOM	5:45-6:15PM LES MILLS SPRINT MARILU	5-5:45PM BODYPUMP LARA		
5:45-6:45PM HYBRID RICHARD	6-6:30PM GRIT STRENGTH CHARLIE	5-5:45PM BODYCOMBAT* CHARLIE	6-6:30PM GRIT CARDIO CHARLIE	6-6:30PM GRIT CARDIO LARA		
6-6:30PM GRIT STRENGTH LARA	6:30-7PM HARD CORE* CHARLIE	5:30-6:30PM PILATES JANE	6:30-7PM HARD CORE* CHARLIE			
6:30-7:30PM YOGA* ROSEMARY		5:45-6:45PM CYCLE ALIX				
6:45-7:45PM ZUMBA* KRISTEN		5:45-6:45PM HYBRID RICHARD				
		6-6:30PM HARD CORE* CHARLIE				
		6:45-7:45PM ZUMBA* KRISTEN				

SERVING OUR MEMBERS WITH
OVER 120
LIVE/VIRTUAL
CLASSES A WEEK!

PLEASE NOTE:
THIS SCHEDULE
IS FOR CLASSES
ONLY. PLEASE
CHECK STUDIO
SCHEDULES
FOR SPECIAL
EVENTS OR FOR
OTHER USAGE.

CLASSES MARKED
WITH AN *
INDICATE CLASSES
SUITABLE FOR
FAMILIES WITH
KIDS AGED 10+

**STUDIO
LOCATION
KEY:**

- STUDIO A**
- STUDIO B**
- STUDIO V**
- THE BOX**
- POOL**

Aqua Fit is a shallow water aerobics class designed to burn calories and build strength. Equipment is optional.

Aqua Yoga Focuses on strength and Flexibility in this low-impact class performed in water.

Barre utilizes a Ballet Barre to sculpt the lower body and abs, and to improve postural strength, Flexibility and body alignment.

BODYATTACK is a full-body workout that burns calories while toning and shaping as you combine athletic aerobic movements with strength and stabilization exercises. These sports-inspired moves will build stamina and improve coordination and agility.

BODYBALANCE is a yoga-based class that will improve your mind, your body, and your life! You'll bend and stretch through a series of simple yoga moves, and you'll embrace elements of Tai Chi, Pilates, and controlled breathing. You will leave this class feeling calm, centered, and happy!

BODYCOMBAT lets you punch and kick your way to better Fitness in a high-energy, martial-arts-inspired workout that is completely non-contact. It's an intense and motivating workout that will help you release stress, have a blast, and feel like a champ!

BODYPUMP is THE ORIGINAL BARBELL CLASS and is ideal for anyone looking to get lean, toned, and fit... Fast! Using light to moderate weight and high repetitions, you will get a total body workout. You'll leave this class feeling challenged, motivated, and ready to come back for more!

CardioStep gets your heart pumping in an uptempo workout that uses a STEP and an invigorating variety of movement patterns to build strength, coordination, and agility while boosting cardiovascular fitness!

Circuit Training improves cardiovascular fitness and strength by alternating aerobic and resistance training in a constantly changing, constantly challenging workout that delivers results for people of all fitness levels!

CYCLE is a fun and upbeat 45 to 60-minute workout on an indoor bike, taught by certified professionals. These calorie-crunching classes build your cardiovascular endurance and aerobic capacity, while improving muscle tone and strength, all while protecting your joints! They are great for people of all ages and abilities!

Dance Trance delivers a raucous, high energy dance experience. It encompasses many dance styles and moves, from the traditional to the latest in the clubs, and is never, ever boring. It incorporates the freshest music on the charts, as well as classic favorites we all know and love. This class features choreographed routines without instruction, but all levels are welcome as long as you keep moving!

Gentle Yoga provides a compassionate and non-competitive environment perfect for relaxing while focusing on movement, breath and repetition.

Hard Core delivers maximum results by targeting abs, obliques, and glutes in a challenging and exhilarating 30-minute class.

H2O Blast is a fast-paced, shallow water class that uses vigorous movement and fun, fast-paced music.

HYBRID Strength and Conditioning is a high-intensity functional training program that utilizes elements of Olympic Lifting, High Intensity Interval Training (HIIT) and Functional Fitness to dramatically increase your strength and endurance, while rapidly improving cardiovascular fitness, preparing you for any challenge life throws at you!

Hydro Rider is a unique in-water cycling class that develops cardio endurance and builds full body strength! A great program for beginners and those in rehab programs. Proper footwear is required.

LES MILLS CORE uses resistance tubes, handheld weights, and body weight to work all of the muscles throughout the core, creating a stronger body, and making you a stronger person in every area of your life. (Available in Virtual ONLY.)

LES MILLS GRIT is a series of 30-minute HIIT workouts that deliver incredible fitness results, FAST. They are designed to challenge you by pushing you to give maximum effort in short intervals of work. With 3 distinct modalities, GRIT will drive you to reach results you've never seen before..

MuscleWorks provides an invigorating fitness experience that will improve strength and endurance in a 60-minute class that utilizes a wide range of resistance and cardio exercises.

NEUROCYCLE is a safe, effective group indoor cycling class designed for people living with a variety of neurologic disorders and injuries, specifically Parkinson's Disease. Cyclists pedal in a controlled environment, enhancing symptomatic management.

POWERCYCLE is a 45-minute class focused on high intensity intervals that deliver cardiovascular results and rapid strength gains. This class is a fun & intense experience that will leave you breathless and begging for more!

Pilates places an emphasis on challenging your core to balance your strength and flexibility, sculpt your body, and to improve your agility in everyday movements.

Prime Time combines resistance training & cardiovascular exercise in a challenging low-impact class that is perfect for active seniors and beginners!

RPM is a 45-minute class that takes you on a journey of hill climbs, sprints, and flat riding. You control your own intensity by controlling resistance and speed, so you build your fitness level over time.

Sha-Deep is a high-energy water aerobics class that will spark your heart rate as you have fun working out to music in either shallow or deep water. You choose!

Sit-n-Fit gently improves endurance, strength, flexibility & functional movements from a seated position.

SPRINT is a 30-minute HIIT workout that uses short, maximum intensity intervals to drive rapid results. This short, intense style of training will push your physical and mental limits, and is scientifically proven to have your body burning calories for hours!

Step & Sculpt uses a STEP and handheld weights to create an upbeat class that infuses aerobic exercise with light strength training.

Talk & Tone is a low impact class that will help ease joint stiffness & arthritis pain while increasing strength and flexibility.

THE TRIP is an immersive ride through a dazzling digital landscape. With high energy music and a variety of visually stunning virtual environments, The Trip challenges you with multiple speeds and effort levels, while dramatically increasing your enjoyment. This cinematic cycle experience is unlike anything you've tried before!

Water In Motion is a choreographed class that will meet the cardiovascular and musculoskeletal training needs of each participant in under an hour!

Yoga helps you find inner calmness and peace by synchronizing breath and movement to produce internal heat, reduce stress, and increase stamina, strength, and flexibility.

Zumba combines Latin and International music with a range of dance moves performed in varying intervals to improve cardiovascular fitness... and FUN!