



















GROUP EXERCISES

MONDAY

-  5:45-6:30AM BOOT CAMP -JUAN 
-  8:00-8:50AM TAI CHI -BRIAN
-  8:00-8:45AM PURE STRENGTH -KIMBERLEY 
-  9:00-9:45AM POWER DANCE -JUAN
-  9:00-9:45AM PILATES -KIMBERLEY 
-  10:00-10:45AM VINYASA YOGA -LAURA
-  11:00AM-11:45AM CHAIR YOGA -LAURA
-  11:00-11:45PM AQUA FIT -MARTHA
-  1:00-1:45PM BEGINNER LINE DANCE -JEAN
-  2:00-2:45PM HIGH-BEGINNER LINE DANCE -JEAN
-  4:30-5:15PM TOTAL CORE -NATALIE
-  5:30-6:15PM CIRCUIT TRAINING -NATALIE
-  6:30-7:15PM DANCE FIT -NATALIE




















TUESDAY

-  6:30-7:15AM CIRCUIT TRAINING -JUAN
-  8:00-8:45AM CARDIO BLAST -JUAN
-  8:00-8:45AM STRENGTHEN & LENGTHEN -REBA 
-  9:00-9:45AM TOTAL BODY -WANDA
-  9:00-9:45AM CARDIO FLEX -REBA 
-  10:00-10:45AM DANCE FIT -LAURA T.
-  10:15-11:00AM AQUA FIT -PAM
-  11:00-11:45AM STRENGTHEN & LENGTHEN -LAURA
-  5:00-5:45PM AQUA FIT -SANDRA
-  5:30-6:15PM CIRCUIT TRAINING -BECCA 
-  5:30-6:15PM RELAXATION YOGA -LAURA
-  6:30-7:15PM POWER DANCE -LAURA T.









WEDNESDAY

-  5:45-6:30AM BOOT CAMP -CLEE 
-  8:00-8:45AM WAKE UP YOGA -LAURA
-  8:00-8:45AM PURE STRENGTH -KIMBERLEY 
-  8:45-9:30AM AQUA TABATA -NATALIE
-  9:00-9:45AM PILATES -KIMBERLEY 
-  9:00-9:45AM ZUMBA -MARIANNE
-  10:00-10:45AM BARRE FUSION -NATALIE
-  11:00-11:45AM DANCE FIT -NATALIE
-  11:00-11:45AM GENTLE YOGA -DELPHINE 
-  11:00-11:45PM AQUA FIT -MARTHA
-  2:30-3:15PM LATIN DANCE -KATHRYN
-  3:30-4:15PM BALLROOM DANCE
-  5:30-6:15PM CYCLE -PAM
-  5:30-6:15PM CIRCUIT TRAINING -BECCA 
-  6:30-7:15PM POWER YOGA -ANGELA

THURSDAY

-  6:30-7:15AM CIRCUIT TRAINING -BECCA
-  8:00-8:50AM TAI CHI -BRIAN
-  8:00-8:45AM STRENGTHEN & LENGTHEN -REBA 
-  8:00-8:45AM TOTAL BODY -NATALIE 
-  9:00-9:45AM CARDIO FLEX -REBA 
-  9:00-9:45AM CARDIO KICK -NATALIE
-  10:00-10:45AM CHAIR-OBICS -REBA
-  10:00-10:45AM CORE & MORE -NATALIE 
-  10:15-11:00AM AQUA FIT -PAM
-  11:00AM-11:45AM CHAIR YOGA -LAURA
-  5:00-5:45PM AQUA FIT -SANDRA
-  5:30-6:15PM ZUMBA -TAMMY
-  5:30-6:15PM CIRCUIT TRAINING -JUAN 
-  6:30-7:15PM RELAXATION YOGA -NYTZA

FRIDAY

-  5:45-6:30AM BOOT CAMP -CLEE 
-  8:00-8:45AM WAKE UP YOGA -JEFF & TERRI
-  9:00-9:45AM ZUMBA -MARIANNE
-  9:00-9:45AM PIYO -LAURA 
-  10:00-10:45AM BARRE -WANDA
-  11:00-11:45AM SHAKE N' SALSA -CARLOS (chair)







SATURDAY


-  8:00-8:45AM BOOT CAMP -JUAN 
-  8:00-8:45AM CYCLE PLUS -JEFF & TERRI
-  9:00-9:45AM WAKE UP YOGA -JEFF & TERRI
-  10:00-10:45AM DANCE FIT -JUAN
-  11:00-11:45AM IRESTORE (Rollassage) -PEG
-  12:00-12:45PM AQUA FIT -MARTHA

Effective Dec 1, 2022

Class sizes are limited— call 941-742-5923 to reserve your spot. 5 minutes after class has begun, any participant who has not shown up will be forfeit their spot to the waitlist partici-

LEGEND

-  STRENGTH
-  MIND & BODY
-  ZUMBA/ DANCE/CARDIO
-  CYCLE
-  AQUA
-  OFF SITE

 Outdoor class, please dress appropriately, cancelled if raining/storming

 Class held in Movie Room



Class Descriptions

Aqua Fit: A low impact but high intensity water aerobics class where no swimming skills are needed. Improve flexibility, range of motion, strength, muscle tone and endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Aqua Tabata: Take your traditional Tabata workout to the pool! Alternate work and rest sets for a full body challenge!

Barre/Barre Fusion: Fun, strength, flexibility and balance workout. Graceful but intense barre combines great music and strength exercises to give you a fully toned and balanced body.

Bootcamp: Increase your strength and cardiovascular endurance while pushing through bodyweight, plyometric, cardio, and strength exercises.

Ballroom Dance: Whether you're a novice or seasoned dancer, this class is for you. Come to learn new moves, or as a refresher for all dance styles.

Beginner Line Dance: Take it slow. Spend more time with each dance to ensure the steps are clear to everyone

Cardio Blast: Have fun blasting away calories and increasing your heart rate in this dynamic cardio workout! Kick, dance and move your way through this fun filled class!

Cardio Flex: This low impact cardio class will get your blood flowing. Upbeat aerobics followed by total body strength training.

Cardio Kick: Enjoy a choreographed kick boxing class to increase your heart rate and learn some new moves! Spend some time working your core at the end.

Chair-obics: This is a seated cardio workout combining strength, balance, coordination and flexibility .

Chair Yoga: If you do not want to get on the floor this is a great class to stretch, meditate and learn therapeutic moves, all seated in a chair

Circuit Training: Hit each muscle group and raise your heart rate in this circuit training strength and cardio based class. Squat, Lunges, Push Ups, Cardio Intervals and Mat work performed.

Core & More: Learn new ways to work your core muscles and strengthen supporting muscle groups. Weights , Bands and Mat work performed.

Cycle: Nothing beats an indoor cycle class! This is a low impact; high intensity cardiovascular workout designed to torch calories and increase leg strength and endurance. Class limit 9

Cycle Plus: 35 minutes of indoor cycling followed by 10 minutes of a core-engaging workout. Get ready to do a music-enhanced mix of training on the bike plus floor exercises, including Yoga and Pilates poses, that involve all major muscle groups to build strength, while improving balance and flexibility.

Dance Fit: Get your heart pumping in this dynamic, energy-filled dance class. Set to wide variety of music, old and new, this fun-filled sweat session is appropriate for all fitness levels.

Gentle Yoga: A time to reconnect your mind to your body through pranayama (the Yoga breathing), careful and authentic Yoga practice and complete relaxation.

High Beginner Line Dance: Even though these are still beginner dances, there are more steps that might be just a little more challenging

Latin Dance: An intro to Latin dance. Learn Salsa, Bachata, Samba and Merengue. A perfect way to get your body moving and have some fun!

Pilates: Strengthen and lengthen the essential muscles of your core and more with focused exercises and restorative stretches.

PIYo: Combines muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. Utilize the ball for additional range of motion and strengthening.

Pure Strength: Weights, Resistance Bands and Body Weight. Weight training only in this high sets and reps class. Outdoors.

Power Dance: Is a group exercise class with HIIT training and some serious attitude. BANG is a unique fusion of boxing, cardio, HIIT, hip-hop, world dance and body weight training, w/ weighted gloves.

Power Yoga: a more challenging, flowing sequence of poses that wakes up your body, can increase your heart rate and get deep into your stretches.

Relaxation/Wake-up Yoga: A time-out class to stretch, relax, and connect with your breath. A great class for everyone from kids to seniors, athletes to office workers, and those with sciatic troubles to tight hamstrings. Use of chairs for assistance is optional.

Robinson Run: Run, walk or stroll at your own pace on our 1.6 or 3.2 mile trails. A group led warmup followed by a cool down stretch upon completion. Sign up is required upon arrival at the NEST

IRESTORE—Is self manual therapy using massage tools such as foam rollers and therapy balls to increase flexibility, reduce muscle tightness and improve muscle recovery.

Shake'n Salsa— A chair activity that addresses physical maintenance and aerobic training. This is done with rhythmic music, handheld percussion, lightweights and stretch bands.

Strengthen & Lengthen: Come learn new moves in this 45-minute workout of total body strengthening and stretching exercises.

Tai Chi: Tai Chi is a gentle healing art. It is an excellent way to open up the joints and stretch the tendons, which allows for greater mobility, and greatly replenishes energy. Open to all, it is a safe and effective exercise.

Total Body: A full-body strength training class designed to help improve muscle strength and endurance. Squats, Lunges and mat work performed.

Total Core: Strengthen and condition your **core** muscles...and **more!** This **class** will work your **core**, which includes the abdominal and low back muscles. Additional exercises incorporate upper and lower body as a way to strengthen your **core**.

Vinyasa Yoga: A journey into the connection between mind, body, and spirit. Learn a greater understanding of flexibility, breath, and movement through a flowing sequence of yoga poses, with options.

Zumba: This Latin-inspired, easy-to-follow, dance fitness party exhilarates the senses and works all major muscle groups.