

GROUP EXERCISES

MONDAY

 5:45-6:30AM
BOOT CAMP
-JACKY 


 8:00-8:45AM
TAI CHI
-BRIAN


 9:00-9:45AM
POWER DANCE
-JUAN


 9:00-9:45AM
PURE STRENGTH
-KIMBERLEY 


 10:00-10:45AM
VINYASA YOGA
-LAURA



 11:00-11:45AM
TOTAL BODY
-MOLLY

 1:00-1:45PM
BEGINNER LINE
DANCE
-JEAN



 2:00-2:45PM
HIGH-BEGINNER LINE
DANCE
-JEAN



 4:30-5:15PM
TOTAL CORE
-NATALIE


 5:30-6:15
DANCE FIT
-NATALIE


 6:30-7:15PM
CIRCUIT TRAINING
-NATALIE 


TUESDAY


 6:30-7:15AM
CIRCUIT TRAINING
-JUAN 


 8:00-8:45AM
PILATES
-KIMBERLEY 


 8:00-8:45AM
STRENGTHEN &
LENGTHEN
-REBA



 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
STRENGTH &
STRETCH
-LAURA



 5:30-6:15PM
AQUA FIT
-SANDRA


 5:30-6:15PM
CIRCUIT TRAINING
-BECCA 


 5:30-6:15PM
RELAXATION YOGA
-ANGELA



 6:30-7:15PM
POWER DANCE
-LAURA T.


WEDNESDAY

 5:45-6:30AM
BOOT CAMP
-MOLLY 


 8:00-8:45AM
WAKE UP YOGA
-LAURA


 9:00-9:45AM
ZUMBA
-MARIANNE


 9:00-9:45AM
PURE STRENGTH
-KIMBERLEY 



 10:00-10:45AM
BARRE FUSION
-NATALIE


 11:00-11:45AM
DANCE FIT
-NATALIE

 2:30-3:15PM
LATIN DANCE
-KATHRYN


 3:30-4:15PM
BALLROOM DANCE
-KATHRYN


 5:30-6:15PM
CYCLE
-PAM



 5:30-6:15PM
BOOTCAMP
-BECCA 


 6:30-7:15PM
POWER YOGA
-NYTZA


THURSDAY


 6:30-7:15AM
CIRCUIT TRAINING
-MOLLY


 8:00-8:45AM
TAI CHI
-BRIAN


 8:00-8:45AM
PILATES
-KIMBERLEY 


 8:00-8:45AM
AQUA TABATA
-NATALIE


 9:00-9:45AM
CARDIO FLEX
-REBA


 9:00-9:45AM
AQUA KICK
-NATALIE



 10:00-10:45AM
CHAIR-OBICS
-REBA

 10:15-11:00AM
AQUA FIT
-PAM



 11:00AM-11:45AM
CHAIR YOGA
-LAURA

 5:30-6:15PM
AQUA FIT
-SANDRA

 5:30-6:15PM
ZUMBA
-TAMMY



 5:30-6:15PM
CIRCUIT TRAINING
-BECCA 


FRIDAY


 5:45-6:30AM
BOOT CAMP
-MOLLY 


 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)

 10:00-10:45AM
BARRE
-WANDA

 11:00-11:45AM
SHAKE N' SALSA
-CARLOS (chair)


SATURDAY


 7:00-8:00AM
ROBINSON RUN
-AT THE NEST


 8:00-8:45AM
BOOT CAMP
-JACKY 

 8:00-8:45AM
CYCLE PLUS
-JEFF & TERRI

 9:00-9:45AM
WAKE UP YOGA
-JEFF & TERRI

 10:00-10:45AM
DANCE FIT
-Varies

 11:00-11:45AM
IRESTORE -PEG
(rollassage)

 12:00-12:45PM
AQUA FIT
-MARTHA

LEGEND

 STRENGTH


 MIND & BODY

 ZUMBA/
DANCE/CARDIO

 CYCLE

 AQUA

OFF SITE

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

SUMMER 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 participants

Effective May 31, 2022



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 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. All while in the water!
- Aqua Tabata:** Heard of high intensity interval training? The tabata protocol is 20 seconds of all-out activity followed by 10 seconds of rest. Get stronger, leaner and faster in a short time. –Pool Class
- Balance & Mobility:** If mobility is your goal then this class is for you! Engage in a variety of unique, functional exercises to improve body awareness, vision, coordination and balance.
- Barre/Barre Fusion:** Fun, strength, flexibility and balance workout. Graceful but intense Barre combines great music and ballet aesthetic 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 Flex:** This low impact cardio class will get your blood flowing. Upbeat aerobics followed by total body strength training.
- Chair-obics:** This is a seated class emphasizing basic arm, hand, leg and foot movements to increase an individual's heart rate. This format will also improve aerobic ability, coordination, strength, balance, posture, flexibility, and muscle tone.
- 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.
- 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.
- 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 (rollassage)–** Is a foam rolling workout that uses massage tools to increase flexibility, minimize muscle pain, and improve performance
- Senior Strength & Stretch:** Enjoy intervals of strength and balance following by basic stretching techniques.
- 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.