### Monday
- **5:45-6:30AM**
  - Boot Camp
    - Molly
- **8:00-8:45AM**
  - Pilates
    - Laura
- **9:00-9:45AM**
  - Bang
    - Kelly
- **9:00-9:45AM**
  - Pure Strength
    - Molly
- **10:00-10:45AM**
  - Vinyasa Yoga
    - Laura
- **11:00-11:45AM**
  - TRX Circuit
    - Laura
- **1:00-1:15PM**
  - Beginner Line Dance
    - Jean
- **2:00-2:45PM**
  - High Beginner Line Dance
    - Jean
- **4:30-5:15PM**
  - Cardio Kick
    - Natalie
- **5:30-6:15PM**
  - Vinyasa Yoga
    - Angela
  - Bootcamp
    - Natalie
- **6:30-7:15PM**
  - Dance Fit
    - Natalie

### Tuesday
- **5:00-5:45AM**
- **8:00-8:45AM**
  - Pilates
    - Laura
- **8:30-9:15AM**
  - Bootcamp
    - Leanne
- **9:00-9:45AM**
  - Pure Strength
    - Molly
- **10:00-10:45AM**
  - Dance Fit
    - Laura T.
- **11:00-11:45AM**
  - Chair Yoga
    - Laura
- **1:00-1:15PM**
  - Balance & Mobility
    - Preston
- **2:00-2:45PM**
  - High Beginner Line Dance
    - Jean
- **3:00-3:45PM**
  - Ballroom Dance
    - Kathryn
- **5:30-6:15PM**
  - Tabata
    - Becca
  - Bootcamp
    - Becca
- **6:30-7:15PM**
  - Bang
    - Laura T.
  - Power Yoga
    - Angela

### Wednesday
- **5:00-5:45AM**
- **8:00-8:45AM**
  - Pilates
    - Laura
- **8:30-9:15AM**
  - Strength & Lengthen
    - Rebana Gym
- **9:00-9:45AM**
  - Pure Strength
    - Molly
- **10:00-10:45AM**
  - Freedom Barre
    - Kelly
- **11:00-11:45AM**
  - Chair Barre
    - Kelly
- **1:00-1:15PM**
  - Latin Dance
    - Kathryn
- **2:00-2:45PM**
  - Ballroom Dance
    - Kathryn
- **5:30-6:15PM**
  - Cycle
    - Pam
- **6:30-7:15PM**
  - Relaxation Yoga
    - Angela
  - Bootcamp
    - Becca

### Thursday
- **5:00-5:45AM**
- **8:00-8:45AM**
  - Tai Chi
    - Brian
- **8:30-9:15AM**
  - Wake Up Yoga
    - Rebana Gym
- **9:00-9:45AM**
  - Pure Strength
    - Molly
- **10:00-10:45AM**
  - Chair Barre
    - Natalie
- **11:00-11:45AM**
  - Total Body
    - Natalie
- **1:00-1:15PM**
  - Bootcamp
    - Becca
  - Bootcamp
    - Laura
- **2:00-2:45PM**
  - Cycle
    - Pam
- **5:30-6:15PM**
  - Zumba
    - Tammy
  - Bootcamp
    - Laura
- **6:30-7:15PM**
  - Relaxation Yoga
    - Angela

### Friday
- **5:00-5:45AM**
- **8:00-8:45AM**
  - Bootcamp
    - Preston
- **9:00-9:45AM**
  - Wake Up Yoga
    - Rebana Gym
- **10:00-10:45AM**
  - Freedom Barre
    - Kelly
- **11:00-11:45AM**
  - Chair Barre
    - Kelly
- **1:00-1:15PM**
  - Cycle Plus
    - Preston
- **2:00-2:45PM**
  - High Beginner Line Dance
    - Jean
- **3:00-3:45PM**
  - Wake Up Yoga
    - Rebana Gym
- **5:30-6:15PM**
  - Zumba
    - Tammy
  - Bootcamp
    - Laura
- **6:30-7:15PM**
  - Relaxation Yoga
    - Angela

### Saturday
- **5:00-5:45AM**
- **8:00-8:45AM**
  - Bootcamp
    - Preston
- **9:00-9:45AM**
  - Wake Up Yoga
    - Rebana Gym
- **10:00-10:45AM**
  - Freedom Barre
    - Kelly
- **11:00-11:45AM**
  - Chair Barre
    - Kelly
- **1:00-1:15PM**
  - Cycle Plus
    - Preston
- **2:00-2:45PM**
  - High Beginner Line Dance
    - Jean
- **3:00-3:45PM**
  - Wake Up Yoga
    - Rebana Gym
- **5:30-6:15PM**
  - Zumba
    - Tammy
  - Bootcamp
    - Laura
- **6:30-7:15PM**
  - Relaxation Yoga
    - Angela

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**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.**

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**LEGEND**

- **STRENGTH**
- **MIND & BODY**
- **ZUMBA/DANCE/CARDIO**
- **HIGH**
- **CYCLE**
- **AQUA**

[Mymanatee.org](http://Mymanatee.org)  Bray_Fitness
Class Descriptions

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.

Bang™: 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/optional weighted gloves.

Boot Camp: 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.

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-obs: 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

Core & More: 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, giving you a full body workout!

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.

Floating Yoga: Enjoy a mind, body and spirit connection through a series of yoga poses while floating on a aqua board. You will take your balance to a new level with this class. Must be able to swim.

Freedom Barre: Fun, funky, strength, flexibility and balance workout. Graceful but intense Freedom Barre combines great music and ballet aesthetic to give you a fully toned and balanced body.

HIIT/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.

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

INTRO to BogaFit: Spend time getting comfortable on the BogaFit board with free play followed by a low intensity workout.

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.

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

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

Rollassage:– Is a foam rolling workout that uses massage tools to increase flexibility, minimize muscle pain, and improve performance

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.

TRX Circuit: Use the TRX straps to challenge your core and strengthen your overall body. Mix it up with some cardio moves for a full-body workout!

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.

Water Aerobics/Aqua Combo: 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.

Water Bootcamp: You will be challenged on land and water with lap swimming, plyometrics, strength training and more. Get ready to get wet and work hard! Must be able to swim.

Women on Weights: A strength training class designed to help women improve their muscle strength and endurance. Squats, Lunges and mat work performed.

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