

DECEMBER 2, 2024
THROUGH
DECEMBER 22, 2024

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7AM	VINYASA YOGA <i>Hannah</i> BEACH YOGA <i>Kristine (7:30)</i> STRETCH <i>Jessy (7:30-8)</i>	MASTER SWIM <i>Jon</i>		MASTER SWIM <i>Jon</i>	VINYASA YOGA <i>Hannah</i>	ORC RUN CLUB <i>Izabella</i>	
8AM	SWEAT <i>Jessy</i>	SWEAT <i>Izabella</i>	SWEAT <i>Carlton</i> REFORMER PILATES <i>Masha</i>	SWEAT <i>Izabella</i>	SWEAT <i>Jake</i> REFORMER PILATES <i>Masha</i>	SWEAT <i>Casey</i>	
9AM	CYCLE <i>Bella</i> 9-9:30am REFORMER PILATES <i>Carlos</i> YIN YOGA <i>Elisabet</i>	STRENGTH CYCLE <i>Casey</i> VINYASA YOGA <i>Lindsay</i>	CYCLE <i>Hannah</i> 9-9:30am GENTLE YOGA <i>Elizabet</i> STRETCH <i>Jessy</i>	STRENGTH CYCLE <i>Casey</i> VINYASA YOGA <i>Lindsay</i>	CYCLE <i>Izabella</i> 9-9:30am VINYASA YOGA <i>Lindsay</i> STRETCH <i>Jessy</i>	STRENGTH CYCLE <i>Casey</i> VINYASA YOGA <i>Hannah</i> REFORMER PILATES <i>Alex</i>	REFORMER PILATES <i>Masha</i> VINYASA YOGA <i>Hannah</i>
10AM	SILVER FIT <i>Hector</i> BALLET BARRE <i>M3</i>	YIN YOGA <i>Lindsay</i> SILVER FIT <i>Hector</i>	VINYASA <i>M3</i> SILVER FIT <i>Hector</i>	YIN YOGA <i>Lindsay</i> SILVER FIT <i>Hector</i>	SILVER FIT <i>Hector</i> RESTORATIVE & CHAKRA BALANCE <i>Elisabet</i>	GENTLE YOGA <i>Elizabet</i>	MAT PILATES <i>Masha</i>
11AM	AQUA CARDIO <i>Kristine</i>	AQUA CARDIO <i>Kristine</i> REFORMER PILATES <i>M3</i> DANCING THROUGH THE DECADES <i>Ana</i>	DANCE FITNESS <i>Caitlin</i>	AQUA CARDIO <i>Kristine</i> REFORMER PILATES <i>M3</i> ZUMBA <i>Ana</i>	BEAUTIFUL YOU YOGA <i>Elisabet</i>	DANCING THROUGH THE DECADES <i>Ana</i>	AQUA CARDIO <i>Masha</i>
12PM	FIT CAMP <i>Jake</i>	FIT CAMP <i>Izabella</i>	FIT CAMP <i>Carlton</i>	FIT CAMP <i>Izabella</i>	FIT CAMP <i>Jake</i>		
2PM		GOLF FITNESS 360 <i>Ryan</i>	YOGA NIDRA <i>Elisabet</i>	GOLF FITNESS 360 <i>Ryan</i>			
5:30PM		ORC RUN CLUB <i>Izabella</i> At the Business Center					

PLEASE CALL 305-367-5820 TO RESERVE THESE SPECIALTY CLASSES, SPACE IS LIMITED.

Fitness Class Descriptions

AQUA CARDIO: Light cardio, strength and balance workout ideal for participants looking to improve overall fitness.

BARRELATTES: A fusion of Barre and Mat Pilates that will elongate your muscles, giving you a strength endurance workout without utilizing heavy weights.

FIT CAMP: A strength and conditioning class which includes flexibility, mobility and balance training.

FUNKY FUN FLOW YOGA: A vinyasa practice that includes fluid transitions from pose to pose, linking body, breath, and movement in a creative, safe and fun way. Expect to build strength, mobility, and concentration while grounding your mind. Catered towards a somewhat experienced yogi, this class will challenge your breath and build physical endurance.

GENTLE YOGA: This is a relaxing, gentle and restorative practice. Deep restorative work improves range of motion and joint mobility, and reduces pain and stress.

MAT PILATES: Strengthen, lengthen, align and tone your body by focusing on body weight floor exercises based on the Pilates Method.

MAT PILATES WITH SPINE CORRECTOR: Same as Mat Pilates but with the addition of spine correctors as an integral tool throughout the class.

ORC SWIM CLUB: Swimming workouts for all levels at the MFC Fitness Pool.

REFORMER PILATES: Build on core awareness and strength, while integrating fluidity, breath, centering and spinal alignment.

RESTORATIVE YOGA: Similar to our Gentle Yoga. This practice focuses even more on deep restorative poses, intended to distress, restore and rejuvenate the mind and body.

SILVER FIT: Chair-based fitness class with focus on weightless joint mobility and muscle activation. Ideal for senior members looking to improve flexibility, strength, and balance.

STRENGTH CYCLE: Half on/half off the bike intervals including upper and lower body strength and endurance.

SWEAT: This high-intensity workout uses unique moves to develop core strength and power. Ideal for weight loss and muscle toning. You will leave this class feeling invigorated and energized.

VINYASA YOGA: Balance the mind and body in this class, connecting breath with each movement in a continuous flow of postures. Build strength and get a great stretch.

YIN YOGA: A slow-paced style of yoga, incorporating asanas (postures) that are held for longer periods of time than may be found in other styles.

Color Key

BLUE: Fitness Pool Class

GREEN: Specialty Class Not Included In The Season Pass Or 10-Pack

****Please call 305-367-5820 to reserve these specialty classes, space is limited**



OCEAN REEF CLUB®

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