

APRIL 8, 2024
THROUGH
APRIL 28, 2024

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7AM		ORC SWIM CLUB Jon	ORC WALKING CLUB Izabella	ORC SWIM CLUB Jon		ORC RUN CLUB Izabella CARDIO BOXING Casey 7:30-8am Fiesta Room	
8AM	SWEAT Hannah	SWEAT Carlton ORC SWIM CLUB Jon	SWEAT Matt REFORMER PILATES Masha	SWEAT Izabella ORC SWIM CLUB Jon	SWEAT Matt REFORMER PILATES Masha	EVERESTING Luis SWEAT Casey	SWEAT Hannah No Class April 21
9AM	CYCLE Izabella 9-9:30am YIN YOGA Elizabet REFORMER PILATES Carlos	STRENGTH CYCLE Casey VINYASA YOGA Lindsay	CYCLE Hannah 9-9:30am ZUMBA TONING Caitlin 9-9:30am No Class April 24 REFORMER PILATES Genie MAT PILATES Alex 9:30-10am	STRENGTH CYCLE Casey VINYASA YOGA Lindsay REFORMER PILATES Alex	CYCLE Izabella 9-9:30am ZUMBA Caitlin	STRENGTH CYCLE Casey YOGA NIDRA Elisabet REFORMER PILATES Alex	VINYASA YOGA Hannah No Class April 21 REFORMER PILATES Masha
10AM	BARRE BALLET M3 SILVER FIT Hector DEEP H2O WORKOUT Genie	RESTORATIVE YOGA Lindsay SILVER FIT Hector	FUNKY FUN FLOW M3 SILVER FIT Hector DEEP H2O WORKOUT Genie	RESTORATIVE YOGA Lindsay SILVER FIT Hector	SILVER FIT Hector DEEP H2O WORKOUT Genie	GENTLE YOGA Elisabet DANCING THROUGH THE DECADES Ana	MAT PILATES Masha
11AM	AQUA CARDIO Kristine	AQUA CARDIO Kristine ZUMBA Ana	GENTLE YOGA Elisabet	AQUA CARDIO Kristine DANCING THROUGH THE DECADES Ana	AQUA CARDIO Genie		AQUA CARDIO Masha
12PM	FIT CAMP Hannah	FIT CAMP Izabella	FIT CAMP Matt	FIT CAMP Izabella REFORMER PILATES Alex	FIT CAMP Matt		
2PM		GOLF 360 Ryan		GOLF 360 Ryan	SILVER FIT PLUS Hector		
3PM	REFORMER PILATES Genie						

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.

BARRE SCULPT & RESTORE: 45 minute strength workout utilizing bands, weights and bodyweight based off of time-tested ballet methods that sculpt long lean muscles followed by a relaxing stretch and myofascial release to leave you blissed out.

CYCLE: Indoor cycling is a great cardiovascular workout utilizing variations in cadence, resistance and body position. Cycle classes focus on interval training developing both the aerobic and anaerobic systems.

DANCING THROUGH THE DECADES: A dynamic fun workout that highlights the greatest music hits from the 60's until present day. Burn calories and aerobic capacity with a fusion of fast and slow tempo moves that sculpts the body. Great for all ages.

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

EVERESTING: Get ready for your next trail adventure with this strength and conditioning class designed specifically for hiking.

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.

GOLF 360°: Build and optimize your physical capability to produce power in the golf swing. In this class you will learn the same foundational exercises PGA golfers use to mobilize their bodies, develop power, and extend their golf careers. Take control of your golf game, your health and extend your playing capabilities by attending the Golf Fit 360° class.

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.

MOBILITY & RECOVERY Utilizing exercises/protocols to increase mobility while using stretches and myofascial work to increase blood flow to help facilitate the healing process. This is a great class to ensure proper recovery of the body from the daily rigors placed upon it.

MOVE BETTER FITNESS: In this class we focus on the solutions to your goals with moving better by incorporating strength and Conditioning programs focused on reducing injuries, longevity of fitness, and improving functional performance. Utilize whole body strengthening approaches appropriate for ALL ages.

ORC RUN CLUB: A running group open for all levels of runners. Become a better runner and meet new people all at once!

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

ORC WALKING CLUB: Walking is a great way to stay fit. Meet us at the lobby of the Member Fitness Center to join a walking group led by an ORC Fitness Specialist. All levels are welcome.

PRO AGILITY: Combine agility with rotational exercises to make you better on the pickle-ball and tennis court. Develop skills that help you with changing direction, footwork, coordination, reaction time and rotational power.

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.

SILVER FIT PLUS: All the same benefits of our Regular Silver fit class, but now highly encouraged to be enjoyed with a friend or caretaker!

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

STRETCH & MOBILITY: Exercises designed to create an optimal range of motion and suppleness to increase performance and reduce the risk of injury.

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.

YOGA NIDRA: A carefully guided sleep meditation that calms the body and relaxes the mind. Simple and incredibly effective.

ZUMBA: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome! Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party inspired by Latin rhythms!

Color Key

BLUE: Fitness Pool Class

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

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OCEAN REEF CLUB®

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