

MAY 26, 2025
THROUGH
JUNE 29, 2025

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7AM	MEMORIAL DAY MURPH WORKOUT Casey 7:30am (Outside Tent)						
8AM	SWEAT Jessy (No Class 5/26)	SWEAT Casey	SWEAT Carlton MASTER SWIM Jon	SWEAT Casey	SWEAT Jake MASTER SWIM Jon	SWEAT Jake	
9AM	STRETCH Jessy (No Class 5/26) TRX Jake (Functional Room) YIN YOGA Elisabet REFORMER PILATES Carlos	CYCLE STRENGTH Casey VINYASA YOGA Lindsay	TRX Jake (Fiesta Room) STRETCH Jessy REFORMER PILATES Masha (No Class 6/25)	CYCLE STRENGTH Casey VINYASA YOGA Lindsay (No Class 5/29 & 6/26)	TRX Jake (Fiesta Room) VINYASA YOGA Lindsay (No Class 5/30 & 6/27) REFORMER PILATES Masha (No Class 6/20 & 6/27)	CYCLE STRENGTH Jake REFORMER PILATES Alex RESTORATIVE W/CHAKRA BALANCE Elisabet	REFORMER PILATES Masha (No Class 6/22)
10AM	SILVER FIT Hector BARRELATTES M3 (No Class 5/26)	SILVER FIT Hector	VINYASA YOGA M3 SILVER FIT Hector MAT PILATES WITH SPIKE CORRECTOR Masha (No Class 6/25)	SILVER FIT Hector	SILVER FIT Hector	GENTLE YOGA WITH MEDITATION Elisabet	MAT PILATES Masha (No Class 6/22)
11AM	SILVER STRENGTH Moi	REFORMER PILATES M3	SILVER STRENGTH Moi AQUA CARDIO Masha (No Class 6/25)		SILVER STRENGTH Moi		AQUA CARDIO Masha (No Class 6/22)
12PM	FIT CAMP Jessy		FIT CAMP Jake		FIT CAMP Jake		

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.

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.

DANCE FITNESS: Focuses on rhythmic, choreographed movements enhancing coordination, flexibility, and stamina. Perfect for all fitness levels, with routines designed to build endurance and improve overall fitness and the best part you can sing to most all the songs!

DANCE SCULPT: Incorporates strength training elements, such as bodyweight exercises and light weights, into the dance movements. This component helps to sculpt and define muscles, focusing on toning the legs, arms, core, and glutes, while maintaining a strong cardiovascular component.

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: Strength & conditioning class which includes flexibility, mobility and balance training.

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.

HIKE: HIKE is a strength endurance class that uses medium to high repetitions with low to medium resistance to improve one's ability to exert force for prolonged periods. This class is ideal for activities requiring stamina, such as hiking, running, and cycling.

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

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.

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 STRENGTH: Similar to the very popular Silverfit Class, Silver Strength is also a chair-based fitness class that has a faster pace and utilizes more equipment to safely focus on building strength, a core component that is being touted in fitness circles for health and longevity.

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.

TRX: An outdoor strength and conditioning class using TRX suspension trainers, kettlebells, and other functional training tools.

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.

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®

35 OCEAN REEF DRIVE, SUITE 200
KEY LARGO, FL 33037