

MARCH 17, 2025
THROUGH
APRIL 20, 2025

Member Fitness CLASS SCHEDULE

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------|--|--|---|--|---|--|------------------------------|
| 7AM | TAI CHI Beth 7:30-8am STRETCH Jessy 7:30-8am | GOLF 360 Ryan | TAI CHI Beth 7:30-8am | GOLF 360 Ryan | TAI CHI Beth 7:30-8am | ORC RUN CLUB Izabella | |
| 8AM | SWEAT Jessy | SWEAT Izabella REFORMER PILATES Colleen | SWEAT Carlton REFORMER PILATES Masha MASTER SWIM Jon | SWEAT Izabella | SWEAT Jake REFORMER PILATES Masha MASTER SWIM Jon | SWEAT Casey HIKE Luis 8-9:30am | |
| 9AM | CYCLE Bella 9-9:30am TRX Jake (Outside Tent) YIN YOGA Elisabet REFORMER PILATES Carlos | STRENGTH CYCLE Casey VINYASA YOGA Lindsay | CYCLE Hannah 9-9:30am TRX Jake (Outside Tent) GENTLE YOGA Elisabet STRETCH Jessy REFORMER PILATES Genie | STRENGTH CYCLE Casey VINYASA YOGA Lindsay | CYCLE Bella 9-9:30am TRX Jake (Outside Tent) VINYASA YOGA Lindsay (No Class on 4/11) STRETCH Jessy | STRENGTH CYCLE Casey VINYASA YOGA Hannah REFORMER PILATES Alex | REFORMER PILATES Masha |
| 10AM | SILVER FIT Hector BARRELATTES M3 WATER EXERCISE Genie | YIN YOGA Lindsay SILVER FIT Hector | VINYASA YOGA M3 SILVER FIT Hector WATER EXERCISE Genie | YIN YOGA Lindsay SILVER FIT Hector | SILVER FIT Hector RESTORATIVE YOGA WITH CHAKRA BALANCE Elisabet WATER EXERCISE Genie | GENTLE YOGA Elisabet REFORMER PILATES Colleen (No Class on 4/19) | MAT PILATES Masha |
| 11AM | AQUA CARDIO Kristine SILVER FIT Moi DANCE SCULPT Caitlin | AQUA CARDIO Kristine REFORMER PILATES M3 DANCING THROUGH THE DECADES Ana | AQUA CARDIO Kristine SILVER FIT Moi DANCE FITNESS Caitlin | AQUA CARDIO Kristine REFORMER PILATES M3 ZUMBA Ana | SILVER FIT Moi BEAUTIFUL YOU YOGA Elisabet WATER EXERCISE Genie | DANCING THROUGH THE DECADES Ana | AQUA CARDIO Masha |
| 12PM | FIT CAMP Jake | FIT CAMP Izabella CHAIR YOGA Hannah | FIT CAMP Jake | FIT CAMP Izabella CHAIR YOGA Hannah | FIT CAMP Jake | | |
| 2PM | WATER EXERCISE Genie 2:30pm | | YOGA NIDRA Elisabet | | | | |
| 3PM | REFORMER PILATES Colleen | MAT PILATES Colleen | | MAT PILATES Colleen (No Class on 4/17) | | | |
| 4PM | | | | REFORMER PILATES Colleen (No Class on 4/17) | | | |

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.

BEACH YOGA: Beach yoga is the practice of yoga in the relaxing setting of the beach, pairing the soothing influence of ocean waves with a calming yet energizing asana practice.

BEAUTIFUL YOU YOGA: This class is exclusively for women. We will work on prolapse prevention, balance with alignment to strengthen all the involuntary muscles involved, strengthening the pelvic floor, hips and core. This class will enrich the bonds of feminine essence and its intrinsic power.

CHAIR YOGA: A gentle form of yoga that's done while seated or using a chair for balance, making the practice more accessible.

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.

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.

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.

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.

TAI CHI: Enhance your physical and mental health, as well as to improve posture, balance, flexibility, and strength.

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®

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