



April Special Happenings

MEMBER FITNESS CENTER

OCEAN REEF HALF MARATHON BY ORC RUN CLUB

Saturday, April 6 · 7am

Start and Finish at the Outdoor Gym by MFC. The inaugural ORC Half Marathon is open to runners, walkers, and teams. All finishers will receive a custom-made finisher medal.

\$20.00 for Members and \$25.00 for guests.

AVIATION DAY BOOTCAMP

Hosted by Casey Culp & Kevin Vermillion
Saturday, April 6 · 9am

Take part in this special edition, Top Gun inspired bootcamp, to celebrate Aviation Day.

CARBS ARE NOT BAD

Hosted by Tyler Barry
Tuesday, April 9 · 4pm

During this 1-hour presentation, you will learn the secret on how to lose weight while still eating your favorite foods by teaching you how to set up a nutrition plan that fits you.

FITNESS AWARDS CEREMONY

Wednesday, April 10 · 4:30pm

Join us at Member Fitness for an end-of-the-season celebration and awards ceremony. All members are invited to attend.

IMPORTANCE OF STRETCHING & MOBILITY

Hosted by Hannah Whistler
Friday, April 12 · 2pm

Join us for an interactive session filled with practical exercises and expert insights, empowering you to incorporate effective stretching and mobility routines into your daily life allowing you to move with greater ease and renewed vitality.

\$16.00 for Members and \$20.00 for guests.

BALANCE LIKE A PRO

Hosted by Hannah Whistler
Wednesday, April 17 · 3pm

Reduce the risk of falls, challenge yourself and gain new knowledge of exercises you can do today to improve your balance.

\$16.00 for Members and \$20.00 for guests.

FIRE FIT CHALLENGE

Hosted by ORCA Fire Department & ORC
Member Fitness Teams
Saturday, April 20 · 8am

Join the ORCA Fire Department and the ORC Fitness Team for a special bootcamp inspired by the Fire Fighter Fitness Test.

ROCK & ROLL SHAKTI YOGA

Hosted by Hannah Whistler
Tuesday, April 23 · 8am

Rock the stress away with a little namaste. Join us for this fun blast from the past vinyasa flow that will get the good times rolling through our souls. Moderately paced flow with deep core and balance work incorporated.

\$16.00 for Members and \$20.00 for guests.



OCEAN REEF CLUB®

A UNIQUE WAY OF LIFE

KEY LARGO, FLORIDA



FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820