



MEMBER FITNESS CENTER

Special Happenings

TPI TUESDAY: SLEIGH PUSH GROUP GOLF CART RACE

Tuesday, December 3
4pm • Outdoor Gym

Hosted by Ryan Lawless

Participate in a fun, golf-specific workout and end with TPI power test that our TPI trainer will track throughout the program.

\$40 per Member • \$45 per Guest

HOW TO BUILD A RESILIENT BRAIN

Tuesday, December 3 • 3pm

Hosted by Dr. Erica Siegel

In this hour lecture, integrative physician Dr. Erika Siegel will discuss the foundations of maintaining good brain health and the steps we can take to improve cognitive health, memory, and focus. *Complimentary.*

“GET YOUR BODY IN THE GAME” MOBILITY FOR SPORTS WARMUP WORKSHOP

Monday, December 9 • 1pm

Hosted by Hannah Whistler

This is a dynamic workshop focused on improving mobility for sports warm ups by combining practical exercises with expert guidance to help you move better.

\$25 per Member • \$30 per Guest

12 DAYS OF WELLNESS CHALLENGE

December 12-24 • All Day

Hosted by Hannah Whistler

Embrace the spirit of well-being with a 12-day journey designed to help you prioritize your health amidst the holiday rush. *Complimentary.*

MUSCLE RECOVERY & RESET

Thursday, December 12 • 2pm

Hosted by Lindsay Hill

Combine breathwork, mobility, and foam rolling to increase muscle recovery, nourish fascia, and reset the nervous system.

\$25 per Member • \$30 per Guest

FIRE FIT CHALLENGE

Saturday, December 14
8-10am • Associate Parking Garage

The ORCA Fire Department and the Member Fitness Team challenge you to complete a circuit inspired in the fire fighter's fitness test. *Complimentary.*

HEALTH & WELLNESS JEOPARDY

Tuesday, December 17

1pm • Fiesta Room

Hosted by Hannah Whistler

Get ready for a fun and interactive hour of our workshop-style game! Team up to test your knowledge of fitness, nutrition, mental health, and self-care designed to challenge and educate, all while sparking friendly competition. *Complimentary.*

EMS DEMO

Wednesday, December 18 • 3pm

Hosted by Carlton Huggins

Learn about the benefits of EMS, which include muscle toning and strengthening. *Complimentary.*

CLUB FITNESS CHAMPIONSHIP: SWIM CHALLENGE

Thursday, Dec. 19 • 8am-12pm

How fast can you swim 50 yards? Test your speed at the MFC Fitness Pool. To participate, simply show up at the Fitness Front Desk and request an official timer. The top places score points towards the Club Fitness Championship. *Complimentary.*

BALANCE BETTER WORKSHOP

Thursday, December 19 • 3pm

Hosted by Hannah Whistler

This is designed for individuals of all fitness levels who want to enhance stability and reduce the risk of falls through simple exercises and techniques, you can improve coordination, strengthen key muscle groups, and increase confidence in daily movements.

\$25 per Member • \$30 per Guest

UGLY SWEATER DAY

Friday, December 20 • All Day

Get into the holiday spirit and wear your best ugly sweater to the gym. Complimentary smoothies to all Members wearing ugly sweaters!

WINTER SOLSTICE JOURNAL & MEDITATION

Sunday, December 22 • 11am

Hosted by Hannah Whistler

Join us for a peaceful meditation and journaling event, honoring the season's themes of rest, renewal, and new beginnings. *Regular Class Pricing.*

BARRELATTES NUTCRACKER & ROCKETTE EDITION

Monday, December 23 • 10am

Hosted by Moorey-Margaret

Come join our very special themed Barrelattes class (Barre and Pilates Fusion) set to Nutcracker Favorites and learn how to Kickline like you're at Radio City Music Hall! *Regular Class Pricing.*

FLOATING SOUND BATH

Thursday, December 26 • 5:30pm

Hosted by Elisabet Stadelman

Experience total relaxation enjoying a sound bath session while floating in the water under the open sky.

\$70 for Members • \$75 for Guests

BLACK MOON GLOW FLOW

Monday, December 30 • 7pm

Hosted by Hannah Whistler

Join yoga specialist Hannah Whistler for a Black Moon Glow Flow, an invigorating yoga experience under the rare energy of a black moon. *Regular class price (part of season class pass)*



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KEY LARGO, FLORIDA

FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820