



# Member Fitness

## ONLINE CLASS SCHEDULE

Join your Member Fitness Instructors for a daily complimentary online class via Zoom. To join simply click on the link listed for each class. You can view the classes on your smartphone, tablet, laptop or desktop. If you have any questions please email [lbracamonte@oceanreef.com](mailto:lbracamonte@oceanreef.com) or if you are trying to use Zoom and having trouble, call the Member Fitness Center at 305-367-5820 for assistance.

### MONDAY

**BOOT CAMP WITH CASEY**  
Monday, April 6, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/709487280](https://zoom.us/j/709487280)  
MEETING ID: 709 487 280

**MAT PILATES WITH MASHA**  
Monday, April 6, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/370624956](https://zoom.us/j/370624956)  
MEETING ID: 370 624 956

### TUESDAY

**STRETCH CLASS WITH ELISABETH**  
Tuesday, April 7, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/381458276](https://zoom.us/j/381458276)  
MEETING ID: 381 458 276

**CHAIR YOGA WITH ELISABETH**  
Tuesday, April 7, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/639272566](https://zoom.us/j/639272566)  
MEETING ID: 639 272 566

### WEDNESDAY

**BOOT CAMP WITH CASEY**  
Wednesday, April 8, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/890850687](https://zoom.us/j/890850687)  
MEETING ID: 890 850 687

**VINYASA YOGA WITH MOOREY-MARGARET**  
Wednesday, April 8, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/427004730](https://zoom.us/j/427004730)  
MEETING ID: 427 004 730

### THURSDAY

**SILVER FIT WITH NATHALIA**  
Thursday, April 9, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/975181668](https://zoom.us/j/975181668)  
MEETING ID: 975 181 668

**ZUMBA WITH ANA**  
Thursday, April 9, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/792597724](https://zoom.us/j/792597724)  
MEETING ID: 792 597 724

### FRIDAY

**HIIT WITH MOOREY MARGARET**  
Friday, April 10, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/478336905](https://zoom.us/j/478336905)  
MEETING ID: 478 336 905

**VINYASA YOGA WITH MOOREY-MARGARET**  
Friday, April 10, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/375414841](https://zoom.us/j/375414841)  
MEETING ID: 375 414 841

### SATURDAY

**STRENGTH, MOBILITY AND STRETCHING WITH LUIS**  
Friday, April 11, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/852243098](https://zoom.us/j/852243098)  
MEETING ID: 852 243 098



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### MONDAY

#### BOOT CAMP WITH CASEY

Monday, April 13, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/833236168](https://zoom.us/j/833236168)  
MEETING ID: 833 236 168

#### MAT PILATES WITH MASHA

Monday, April 13, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/546579391](https://zoom.us/j/546579391)  
MEETING ID: 546 579 391

### TUESDAY

#### STRETCH CLASS WITH ELISABETH

Tuesday, April 14, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/762680179](https://zoom.us/j/762680179)  
MEETING ID: 762 680 179

#### CHAIR YOGA WITH ELISABETH

Tuesday, April 14, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/655670232](https://zoom.us/j/655670232)  
MEETING ID: 655 670 232

### WEDNESDAY

#### BOOT CAMP WITH CASEY

Wednesday, April 15, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/908982309](https://zoom.us/j/908982309)  
MEETING ID: 908 982 309

#### VINYASA YOGA WITH MOOREY-MARGARET

Wednesday, April 15, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/912961751](https://zoom.us/j/912961751)  
MEETING ID: 912 961 751

### THURSDAY

#### SILVER FIT WITH NATHALIA

Thursday, April 16, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/529468895](https://zoom.us/j/529468895)  
MEETING ID: 529 468 895

#### ZUMBA WITH ANA

Thursday, April 16, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/665492237](https://zoom.us/j/665492237)  
MEETING ID: 665 492 237

### FRIDAY

#### HIIT WITH MOOREY MARGARET

Friday, April 17, 2020 • 9:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/772628405](https://zoom.us/j/772628405)  
MEETING ID: 772 628 405

#### VINYASA YOGA WITH MOOREY-MARGARET

Friday, April 17, 2020 • 10:00 AM  
Eastern Time

JOIN ZOOM MEETING: [HTTPS://ZOOM.US/J/615935869](https://zoom.us/j/615935869)  
MEETING ID: 615 935 869