

OCTOBER 28, 2024
THROUGH
DECEMBER 1, 2024

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7AM	VINYASA YOGA Hannah	ORC SWIM CLUB Jon		ORC SWIM CLUB Jon	VINYASA YOGA Hannah	ORC RUN CLUB Izabella (Starts 11/9)	
8AM	SWEAT	SWEAT	SWEAT Carlton REFORMER PILATES Masha	SWEAT Izabella	SWEAT REFORMER PILATES Masha	SWEAT Casey	
9AM	CYCLE Izabella 9-9:30am REFORMER PILATES Carlos YIN YOGA Elisabet	STRENGTH CYCLE Casey VINYASA YOGA Lindsay	CYCLE Hannah 9-9:30am GENTLE YOGA Elisabet MAT PILATES WITH SPINE CORRECTOR Masha	STRENGTH CYCLE Casey VINYASA YOGA Lindsay	CYCLE Izabella 9-9:30am VINYASA YOGA Lindsay	STRENGTH CYCLE Casey VINYASA YOGA Hannah REFORMER PILATES Alex	REFORMER PILATES Masha VINYASA YOGA Hannah
10AM	SILVER FIT Hector BALLET BARRE M3	YIN YOGA Lindsay SILVER FIT Hector	VINYASA M3 SILVER FIT Hector	YIN YOGA Lindsay SILVER FIT Hector	SILVER FIT Hector	GENTLE YOGA Elisabet	MAT PILATES Masha
11AM	AQUA CARDIO Kristine	AQUA CARDIO Kristine REFORMER PILATES M3 ZUMBA Anna (Starts 11/19)	DANCE FITNESS Caitlin	AQUA CARDIO Kristine REFORMER PILATES M3		DANCING THROUGH THE DECADES Ana (Starts 11/23)	AQUA CARDIO Masha
12PM	FIT CAMP (Starts 11/4)	FIT CAMP Izabella	FIT CAMP Carlton	FIT CAMP Izabella REFORMER PILATES Alex	FIT CAMP (Starts 11/8)		
2PM		GOLF FITNESS 360 Ryan	YOGA NIDRA Elisabet	GOLF FITNESS 360 Ryan			
5:30PM		ORC RUN CLUB Izabella (Starts 11/19) Meet at Business Center					

PLEASE CALL 305-367-5820 TO RESERVE THESE SPECIALTY CLASSES, SPACE IS LIMITED.

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.

FIT CAMP: A strength and conditioning class which includes flexibility, mobility and balance training.

FUNKY FUN FLOW YOGA: A vinyasa practice that includes fluid transitions from pose to pose, linking body, breath, and movement in a creative, safe and fun way. Expect to build strength, mobility, and concentration while grounding your mind. Catered towards a somewhat experienced yogi, this class will challenge your breath and build physical endurance.

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.

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

MAT PILATES WITH SPINE CORRECTOR: Same as Mat Pilates but with the addition of spine correctors as an integral tool throughout the class.

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.

VINYASA YOGA: Balance the mind and body in this class, connecting breath with each movement in a continuous flow of postures. Build strength and get a great stretch.

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.

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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