

MAY 20, 2024
THROUGH
JUNE 30, 2024

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7AM		ORC SWIM CLUB Jon		ORC SWIM CLUB Jon			
8AM	SWEAT Hannah Carlton on June 10, 17, 14	SWEAT Carlton	SWEAT Matt	SWEAT Casey	SWEAT Casey	SWEAT Casey	
9AM	CYCLE Casey 9-9:30am YIN YOGA Elizabet	STRENGTH CYCLE Casey	CYCLE Hannah 9-9:30am Carlton on June 12, 19, 26 MAT PILATES WITH SPINE CORRECTOR Masha	STRENGTH CYCLE Casey	CYCLE Casey 9-9:30am REFORMER PILATES Masha	STRENGTH CYCLE Casey REFORMER PILATES Alex	REFORMER PILATES Masha
10AM	BARRELATTES M3 SILVER FIT Hector	RESTORATIVE YOGA Lindsay SILVER FIT Hector	FUNKY FUN FLOW M3 SILVER FIT Hector REFORMER PILATES Masha	RESTORATIVE YOGA Lindsay SILVER FIT Hector	SILVER FIT Hector	DANCING THROUGH THE DECADES Ana No Classes June 15 & 29 GENTLE YOGA Elizabet No Class June 29	MAT PILATES Masha
11AM	AQUA CARDIO Kristine	ZUMBA Ana No Class June 4	GENTLE YOGA Elizabet AQUA CARDIO Masha	MAT PILATES Alex	AQUA CARDIO Kristine		AQUA CARDIO Masha
12PM	FIT CAMP Hannah Carlton on June 10, 17, 24	FIT CAMP Hannah Carlton on June 11, 18, 25	FIT CAMP Matt	REFORMER PILATES Alex	FIT CAMP Casey 12:30-1:30pm		

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.

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.

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

EVERESTING: Get ready for your next trail adventure with this strength and conditioning class designed specifically for hiking.

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.

MOBILITY & RECOVERY Utilizing exercises/protocols to increase mobility while using stretches and myofascial work to increase blood flow to help facilitate the healing process. This is a great class to ensure proper recovery of the body from the daily rigors placed upon it.

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.

SILVER FIT PLUS: All the same benefits of our Regular Silver fit class, but now highly encouraged to be enjoyed with a friend or caretaker!

STRENGTH CYCLE: Half on/half off the bike intervals including upper and lower body strength and endurance.

STRETCH & MOBILITY: Exercises designed to create an optimal range of motion and suppleness to increase performance and reduce the risk of injury.

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.

YOGA NIDRA: A carefully guided sleep meditation that calms the body and relaxes the mind. Simple and incredibly effective.

ZUMBA: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome! Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party inspired by Latin rhythms!

Color Key

BLUE: Fitness Pool Class

GREEN: Specialty Class Not Included In The Season Pass Or 10-Pack



OCEAN REEF CLUB®

35 OCEAN REEF DRIVE, SUITE 200
KEY LARGO, FL 33037

JULY 1, 2024
THROUGH
AUGUST 18, 2024

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PLYOMETRICS: Increase your neuromuscular coordination by training the nervous system and making movements more automatic during activity, with exercises in which muscles exert maximum force in short intervals of time.

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