

MEMBER FITNESS CENTER

NOVEMBER SPECIAL HAPPENINGS

TPI TUESDAY: KICKOFF EVENT LONG DRIVE/BALL SPEED COMPETITION

Hosted by Ryan Lawless
Tuesday, Nov. 5 • 4pm
Outdoor Gym

This is a golf focused fitness class that will be held each month. The event will begin with a fun, golf specific workout for all and end with TPI power tests that our TPI trainer will record and track for your progress within the program.

ELECTRO MUSCULAR STIMULATION (EMS) DEMO

Hosted by Carlton Huggins
Wednesday, Nov. 6 • 3pm
Wednesday, Nov. 20 • 3pm
EMS Room

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

FLOATING SOUND BATH

Hosted by Elisabet Stadelman
Thursday, Nov. 7 • 6pm
Fitness Pool

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

\$70 for Members • \$75 for Guests

OXEFIT DEMO

Hosted by Luis Bracamonte
Friday, Nov. 8 • 3pm
Friday, Nov. 22 • 3pm
Functional Training Room

The Oxefit platform uses AI and robotics to perform any squat rack and cable exercise. Learn how to use this technology and incorporate it into your workouts. *Complimentary.*

MEMBER FITNESS CENTER GYM TOUR

Hosted by Elisabet Stadelman
Monday, Nov. 11 • 3pm
Monday, Nov. 18 • 3pm

Learn how to use every piece of equipment at the Member Fitness Center. *Complimentary.*

WELLNESS TALK: OPTIMIZE YOUR HEALTHSPAN

Hosted by Luis Bracamonte
Wednesday, Nov. 13 • 3pm

Learn about the wellness habits that increase healthspan and how to adopt them best. *Complimentary.*

"GET YOUR BODY IN THE GAME" MOBILITY FOR SPORTS WARMUP WORKSHOP

Hosted by Hannah Whistler
Thursday, Nov. 14 • 1pm
Fiesta Room

This dynamic workshop focuses on improving mobility for sports warmups. Perfect for fitness enthusiasts of all levels, this session combines practical exercises with expert guidance to help you move better and play stronger.

\$25 for Member • \$35 for Guests

ORC SWIM MILE CHALLENGE

Saturday, Nov. 16 • 8am
Buccaneer Island

Challenge yourself to swim a mile in our inaugural open water event. Create special memories and partake in this unique club experience. *Complimentary.*

BALANCE BETTER WORKSHOP

Hosted by Hannah Whistler
Thursday, Nov. 21 • 3pm

Improve stability, strengthen muscles, and boost confidence with simple exercises, helping you stay active and independent safely.

\$25 for Members • \$35 for Guests

TRAIN WITH THE TRAINERS

Saturday, Nov. 23 • 9am

For the third year in a row, Members and Personal Trainers will work together to set the season's momentum. Join us for this complimentary and fun workout. *Complimentary.*

INTRO TO YOGA

Hosted by Hannah Whistler
Sunday, November 24 • 10am

Join our Introductory Yoga Workshop for beginners to learn foundational poses, breathing techniques, and relaxation methods. Improve flexibility, balance, and well-being in a supportive environment. *Regular class price.*

VINYASA GRATITUDE FLOW

Hosted by Moorey-Margaret Myers
Wednesday, Nov. 27 • 10am

A special gratitude flow to celebrate the holiday. *Regular class price.*

CLUB CHAMPIONSHIP: AIRDYNE CHALLENGE

Saturday, Nov. 30 • 9am-12pm

Our first Fitness Championship Challenge involves pedaling as fast as possible for one minute on the Airdyne bike. Results are measured in calories burned. All members are welcome to participate.

FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820



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