



# February Special Happenings

## MEMBER FITNESS CENTER

### ULTRA CHALLENGE: LOG MILES ON FOOT

All Month Long

Log every mile walking, jogging and running for the month of February. Get your logging sheet at the MFC Front Desk. *Complimentary.*

### INTRO TO MEDITATION

Hosted by Hannah Whistler  
Sunday, February 2 • 10am

Discover the basics of meditation in this beginner-friendly workshop designed to help you find calm and clarity. Learn simple techniques to relax your mind, focus your breath, and cultivate mindfulness in everyday life.

*\$18 for Members and \$24 for guests.*

### TPI TUESDAY: SHOOT YOUR SHOT-PUT MEDBALL THROW COMPETITION

Hosted by Ryan Lawless  
Tuesday, February 4 • 4pm

This event is for fitness-focused golfers at Ocean Reef. Events begin with fun, golf-specific workouts and end with TPI power tests that our TPI trainer will record and track. All are welcome to participate in exercise, competition, and personal growth as we continue to build this community. Refreshments and snacks will be provided.

*\$40 for Members and \$45 for guests.*

### DE-STRESS AT YOUR DESK WORKSHOP

Hosted by Hannah Whistler  
Wednesday, February 5 • 12pm

Learn quick and effective techniques to manage stress right at your desk in this practical workshop. Discover simple stretches, breathing exercises, and mindfulness practices designed to help you relax and refocus during your workday.

*\$18 for Members and \$24 for guests.*

### LIFEBREATH

Hosted by Beth Bielat  
Monday, February 10 • 3pm

LifeBreath is a high level, transformational tool that uses "breath" to assist people in their physical, mental and spiritual journey.

*\$52.80 for Members and guests.*

### WHAT EVERYONE NEEDS TO KNOW FOR A HEALTHY HEART (INCLUDING WHAT TO ASK OF YOUR DOCTOR)

Hosted by Dr. Erica Siegel  
Monday, February 10 • 4pm

Integrative physician Dr. Erika Siegel will dive into the important topic of cardiovascular health. Explore nutrition, herbs, supplements and more for preventing and treating cardiovascular disease. She will discuss appropriate testing, including appropriate labs and imaging to discuss with your doctor. Dr. Siegel will also be signing and selling her popular book set, "The Nourish Me Kitchen" after the lecture.

*Complimentary.*

### CLUB FITNESS CHAMPIONSHIP: ENDLESS ROPE PULL

Hosted by Beth Bielat  
Wednesday, February 12 • 9am-12pm

Pull the endless rope for six loops for time. This is the fifth challenge of the Club Championship series.

*Complimentary.*

### VINYASA ALL ABOUT LOVE FLOW

Hosted by Moorey-Margaret  
Myers  
Wednesday, February 12 • 10am

Explore the profound connection between movement and the heart. This Vinyasa class focuses on cultivating self-love, compassion, and kindness through a series of fluid and mindful movements. Fitness instructor, Moorey-Margaret will guide you through a graceful flow that synchronizes breath with movement, allowing you to deepen your practice and find a sense of peace and balance. Whether you're a seasoned yogi or a beginner, this class welcomes all levels.

*Regular class pricing applies.*

### EMS DEMO

Hosted by Carlton Huggins  
Wednesday, February 12 • 3pm

Learn about the benefits of electro muscular stimulation, which include muscle toning and strengthening

*Complimentary.*



### BALANCE BETTER WORKSHOP

Hosted by Hannah Whistler  
Thursday, February 13 • 3pm

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

*\$25 for Members • \$35 for guests*

### BATTLE OF THE SEXES- VALENTINE'S DAY

Hosted by Hannah Whistler  
Friday, February 14 • 12pm

Celebrate Valentine's Day with some friendly competition in our Battle of the Sexes workout! Join us for a high-energy session where teams compete in exciting challenges designed to test strength, endurance, and teamwork. Whether you're coming with a partner or solo, this event promises a workout filled with laughter, camaraderie, and heart-pumping fun.

*\$18 for Members and \$24 for guests.*

### WELLNESS TALK: PREVENTING FALLS & BUILDING RESILIENCE

Hosted by Luis Bracamonte  
Wednesday, February 19 • 4pm

Prevent falls through strength and proprioceptive training. This talk will go over assessments and exercises to improve balance and resilience.

*Complimentary.*

### FLOATING SOUND BATH

Hosted by Elisabet Stadelman  
Thursday, February 20 • 5:30pm

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

*\$70 for Members • \$75 for guests*

### CLUB FITNESS CHAMPIONSHIP: SKILLROW SLED

Wednesday, February 26 • 9am-12pm

Push the SkillRow Sled for 100 yards for time. This is the sixth challenge of the Club Fitness Championship series.

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FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820