



March Special Happenings

MEMBER FITNESS CENTER

INTRO TO YOGA

Hosted by Hannah Whistler
Sunday, March 2 · 10am

This introductory yoga workshop is designed for beginners looking to explore the basics of yoga. Learn foundational poses, breathing techniques and relaxation methods to improve flexibility and balance.

Regular aerobic class pricing applies.

TPI TUESDAY: MARCH TO THE TEE BOX 8RM SPLIT SQUAT COMPETITION

Hosted by Ryan Lawless
Tuesday, March 4 · 4pm

This event begins with fun, golf-specific workouts and ends with TPI power tests that our TPI trainer will record and track.

\$40.00 for Members and \$45.00 for guests.

BALANCE BETTER WORKSHOP

Hosted by Hannah Whistler
Thursday, March 6 · 3pm

Through simple exercises and techniques, participants will improve coordination, strengthen key muscle groups and increase confidence in daily movements.

\$25.00 for Members and \$35.00 for guests.

LIFEBREATH

Hosted by Beth Bielat
Monday, March 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.

INTRO TO MFC

Hosted by Hannah Whistler
Monday, March 10 · 3pm

Thinking about utilizing the MFC or curious how to use a machine? Join us for a MFC informational session and we will answer all your questions and show you the facility.

Complimentary.

HEALTH & WELLNESS JEOPARDY

Hosted by Hannah Whistler
Thursday, March 13 · 1pm

In this Jeopardy-style game, you'll team up to test your knowledge on fitness, nutrition, mental health and self-care.

Complimentary.

FLOATING SOUND BATH

Hosted by Elisabet Stadelman
Thursday, March 13 · 5:30pm

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

\$70.00 for Members and \$75.00 for guests.

FULL MOON BEACH YOGA

Hosted by Hannah Whistler
Friday, March 14 · 7pm

Experience the serenity of nature and the soothing waves of the ocean under the full moon as we gather for a rejuvenating yoga session and let go of stress and tension.

Regular aerobic class pricing applies.

SHAMROCK N' ROLL HALF MARATHON AND 10K

Saturday, March 15 · 7am

The endurance event of the season is here! Registration is at the MFC Front Desk.

Registration is \$35.00

ST. PATRICK'S DAY WORKOUT BOOTCAMP

Hosted by Hannah Whistler
Monday, March 17 · 3pm

Feel the luck of the Irish as you tackle this all level boot camp designed to boost your energy, strength and endurance leaving you ready to tackle any pot of gold at the end of the rainbow! Wear green or festive attire.

Regular aerobic class pricing applies.

ROCK & ROLL VINFLOW YOGA

Hosted by Hannah Whistler
Wednesday, March 19 · 8am

Rock the stress away with a little namaste during this vinyasa flow that will get the good times rolling through our souls.

Regular aerobic class pricing applies.

VINYASA VERNAL (SPRING) EQUINOX INTENTIONS FLOW

Hosted by Moorey-Margaret Myers
Wednesday, March 19 · 10am

Welcome the arrival of spring with a rejuvenating Vinyasa flow of dynamic poses that will align your body and mind with the balance and renewal of the vernal equinox.

Regular aerobic class pricing applies.

WELLNESS TALK: 10 HABITS OF ACTIVE AGING

Hosted by Luis Bracamonte
Wednesday, March 19 · 4pm

Incorporate healthy habits to improve your health and how you look and feel.

Complimentary.

SPRING SOLSTICE INTENTION SETTING, JOURNALING & GENTLE FLOW

Hosted by Hannah Whistler
Thursday, March 20 · 1pm

Nourish your mind, body and spirit and celebrate spring with this rejuvenating blend of journaling and gentle yoga that inspires reflection, clarity and growth.

Regular aerobic class pricing applies.

CLUB FITNESS CHAMPIONSHIP PLANK CHALLENGE

Wednesday, March 26 · 9am-12pm

The last challenge is a test of core endurance. How long can you hold an elbow bent plank?

SUPER CYCLE

Hosted by Casey Culp
Sunday, March 30 · 9am

Join us for an immersive and engaging Cycle class choreographed to the Movie Rush! The movie that captures the F1 story and the thrilling rivalry between Nikki Lauda and James Hunt. Feel like you are in the drivers seat as you race your way through Iconic F1 history.

Complimentary.

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

Monday, March 31 · 3pm

This dynamic workshop focuses on improving mobility for sports warmups. You will learn techniques to enhance flexibility, joint movement and body control, preparing your body, reducing the risk of injury and helping you move better and play stronger.

\$20.00 for Members and \$25.00 for guests.