

MEMBER FITNESS CENTER

JANUARY SPECIAL HAPPENINGS

NEW YEAR CHALLENGE: LOG TRAINING HOURS

All Month Long

Log the total amount of time dedicated to fitness training and sports daily. Pick up your log sheet at the MFC Front Desk and start 2025 with purpose and enthusiasm. *Complimentary.*

INTRO TO YOGA

Hosted by Hannah Whistler

Sunday, January 5 • 10am

Yoga Room

This introductory yoga workshop is designed for beginners looking to explore the basics of yoga practice. Learn foundational poses, breathing techniques, and relaxation methods to improve flexibility, balance, and overall wellbeing. Perfect for enhancing mind-body connection in a supportive environment. *Regular class pricing applies.*

MFC GYM TOUR

Monday, January 6 & 13 • 3pm

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

TPI TUESDAY: JUMP INTO THE NEW YEAR VERTICAL AND BROAD JUMP COMPETITION

Hosted by Ryan Lawless

Tuesday, January 7 • 4pm

Outdoor Gym

Each month, we will hold a group fitness event for fitness-focused golfers at Ocean Reef. The events will 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 Members • \$.45 Guests*

CLUB CHAMPIONSHIP CHALLENGE: PUSH UP CHALLENGE

Hosted by Hannah Whistler

Wednesday, January 8 • 9am-12pm

The third Club Championship Challenge of the season tests upper body strength and endurance. Members of the Member Fitness team will be the official counters.

Complimentary.

ELECTRO MUSCLE STIMULATION (EMS) DEMO

Hosted by Carlton Huggins

Wednesday, January 8 • 3pm

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

ROCK & ROLL VINFLOW YOGA

Hosted by Hannah Whistler

Wednesday, January 8 • 8am

Yoga Room

Join fitness specialist and yoga instructor Hannah Whistler for this fun blast from the past vinyasa flow that will get the good times rolling through our souls. Moderately paced flow with deep core and balance work incorporated. *Regular class pricing applies.*

NEW YEAR NEW MINDSET: INTRO TO WELLNESS

Hosted by Hannah Whistler

Thursday, January 9 • 4pm

Fiesta Room

This workshop is designed to provide valuable insights into the fundamental principles of fitness and mobility, allowing you to make informed choices about your well being. *Complimentary.*

LIFEBREATH

Hosted by Beth Bielat

Monday, January 13 • 3pm

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

FULL MOON BEACH YOGA

Hosted by Hannah Whistler

Monday, January 13 • 7pm

Buccaneer Island

Experience the serenity of nature and the soothing rhythm of the ocean waves. All levels encouraged. *Regular class pricing applies.*



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

Hosted by Hannah Whistler

Wednesday, January 15 • 1pm

Fiesta Room

Learn techniques to enhance flexibility, joint movement, and body control, preparing the body for peak performance and reducing the risk of injury. All levels welcome.

\$.25 Members • \$.30 Guests

FLOATING SOUND BATH

Hosted by Elisabet Stadelman

Thursday, January 23 • 5:30pm

Experience total relaxation by enjoying a sound bath session while floating in the water under the open sky. *\$.70 Members • \$.75 Guests*

WELLNESS TALK: STRENGTH TRAINING FOR LONGEVITY

Hosted by Luis Bracamonte

Wednesday, January 29 • 4pm

In this talk, we will discuss different strength training methods and their positive impact on our health span. *Complimentary.*

CLUB FITNESS CHAMPIONSHIP: ROW CHALLENGE

Wednesday, January 29 • 9am - 12pm

The fourth Club Championship Challenge tests power and endurance with a 500-meter row for time. All Members are encouraged to participate and every challenge scores points for the overall Fitness Club Championship. *Complimentary.*

DANCE PARTY

Thursday, January 30 • 5pm

Town Hall Terrace

Join Member Fitness Center dance instructors for a celebration as a way to get in shape and have a good time. All levels are welcome. Hors d'oeuvres will be served. *Complimentary.*

FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820.