

JUNE 30, 2025  
THROUGH  
JULY 27, 2025

# Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7AM			MASTER SWIM <i>Jon</i>		MASTER SWIM <i>Jon</i>	VINYASA YOGA <i>Kristine</i> 7:30am (Starts on 7/12 at the Marina Fitness Center)	
8AM	SWEAT <i>Jessy</i>	SWEAT <i>Casey</i>	SWEAT <i>Carlton</i>	SWEAT <i>Jake</i>	SWEAT <i>Jake</i>	SWEAT <i>Jake</i>	
9AM	STRETCH <i>Jessy</i>  TRX <i>Jake</i> (Functional Room)  REFORMER PILATES <i>Carlos</i>	CYCLE STRENGTH <i>Casey</i>  VINYASA YOGA <i>Lindsay</i>	TRX <i>Jake</i> (Fiesta Room)  REFORMER PILATES <i>Masha</i>	CYCLE STRENGTH <i>Casey</i>  VINYASA YOGA <i>Lindsay</i> (No class 7/17)	TRX <i>Jake</i> (Fiesta Room) VINYASA YOGA <i>Lindsay</i> (No class 7/18)  REFORMER PILATES <i>Masha</i>	CYCLE STRENGTH <i>Jake</i>  REFORMER PILATES <i>Alex</i>	REFORMER PILATES <i>Masha</i>
10AM	SILVER FIT <i>Hector</i> BARRELATTES <i>M3</i>	SILVER FIT <i>Hector</i>	VINYASA YOGA <i>M3</i>  SILVER FIT <i>Hector</i>	SILVER FIT <i>Hector</i>	SILVER FIT <i>Hector</i>		MAT PILATES <i>Masha</i>
11AM		REFORMER PILATES <i>M3</i>	AQUA CARDIO <i>Masha</i>			SILVER STRENGTH <i>Moi</i>	SILVER STRENGTH <i>Moi</i>  AQUA CARDIO <i>Masha</i>
12PM	FIT CAMP <i>Jessy</i>		FIT CAMP <i>Jake</i>		FIT CAMP <i>Jake</i>		

# 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 STRENGTH:** Half on & half off the bike intervals including upper and lower body strength and endurance.

**FIT CAMP:** Strength & conditioning class which includes flexibility, mobility and balance training.

**MASTER SWIM:** Swimming workouts and technique instruction provided for all fitness levels.

**MAT PILATES:** Strengthen, lengthen, align and tone your body by focusing on body weight floor exercises based on the Pilates Method.

**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.

**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 STRENGTH:** Similar to the very popular Silverfit Class, Silver Strength is also a chair-based fitness class that has a faster pace and utilizes more equipment to safely focus on building strength, a core component that is being touted in fitness circles for health and longevity.

**STRETCH:** Stretches and 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.

**TRX:** An outdoor strength and conditioning class using TRX suspension trainers, kettlebells, and other functional training tools.

**VINYASA YOGA:** A more challenging discipline that unifies breath and movement creating a continuous flow from one pose to the next. This class will build stability/balance, strength, work the cardiovascular system and stretch the body.

## Color Key

**BLUE:** Fitness Pool Class

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

\*Please call 305-367-5820 to reserve these specialty classes, space is limited.



OCEAN REEF CLUB®

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