

OCTOBER 6, 2025
THROUGH
NOVEMBER 2, 2025

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8AM	SWEAT <i>Jake</i>		SWEAT <i>Jake</i>		SWEAT <i>Jake</i>		
9AM	REFORMER PILATES <i>M3</i> YIN YOGA <i>Elisabet</i>	CYCLE STRENGTH <i>Casey</i>	REFORMER PILATES <i>Masha</i>	CYCLE STRENGTH <i>Casey</i>	VINYASA YOGA <i>Lindsay</i> (No class 10/24) REFORMER PILATES <i>Masha</i>	CYCLE <i>Jade</i> (9-9:30am) REFORMER PILATES <i>Alex</i>	REFORMER PILATES <i>Masha</i> (No class 10/26)
10AM	SILVER FIT <i>Hector</i> BARRELATTES <i>M3</i>	SILVER FIT <i>Hector</i> VINYASA YOGA <i>Lindsay</i>	VINYASA YOGA <i>M3</i> SILVER FIT <i>Hector</i>	SILVER FIT <i>Hector</i> VINYASA YOGA <i>Lindsay</i>	SILVER FIT <i>Hector</i>	GENTLE YOGA <i>Elisabet</i>	MAT PILATES <i>Masha</i> (No class 10/26)
11AM		REFORMER PILATES <i>M3</i>					

Fitness Class Descriptions

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.

GENTLE YOGA: This is a relaxing, gentle and restorative practice. Deep restorative work improves range of motion and joint mobility, and reduces pain and stress.

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

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.

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.

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.

YIN YOGA: A slow-paced style of yoga, incorporating asanas (postures) that are held for longer periods of time than may be found in other styles.

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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