MEMBER FITNESS CENTER

NOVEMBER SPECIAL HAPPENINGS

OXEFIT TUTORIAL
Hosted by Hannah Whistler
November 9 & 23 • 3pm
Functional Training Room
The Oxefit platform uses AI and robotics to perform any squat rack and cable exercise. Learn how to use this technology and incorporate it into your workouts. *Complimentary.*

FITNESS, WELLNESS & LONGEVITY SERIES: STRENGTH IS LONGEVITY MEDICINE
Hosted by Luis Bracamonte
Wednesday, November 11 · 4pm
Fiesta Room
Learn how muscle, strength and power protect independence and healthspan. *Complimentary.*

TRAIN WITH THE TRAINERS
Saturday, November 14 · 9am
Field at Four Corners
Members and Personal Trainers will work together to set the season's momentum. Join us for this complimentary, fun workout with a pancake breakfast. *Complimentary.*

MEMBER FITNESS CENTER GYM TOUR
Hosted by Hannah Whistler
Monday, November 16 • 3pm
Learn how to use every piece of equipment at the Member Fitness Center. *Complimentary.*

"STAND TALL" BALANCE & POSTURE WORKSHOP
Hosted by Hannah Whistler
Tuesday, November 17 • 3pm
Yoga Room
Join fitness trainer and yoga instructor Hannah Whistler for Stand Tall: Posture & Balance Series – a 1-hour workshop designed to improve balance, core strength and overall body awareness.

$30 for Member • $40 for Guests

FIZZ & FLOW SATURDAY
Hosted by Hannah Whistler
Saturday, November 21 • 8am
Yoga Room
Think yoga, but make it fun! This themed flow will combine feel good movement, upbeat music and a few fun surprises, followed by a refreshing Poppi to sip and enjoy. Bring a friend, and come move, flow and hang out with us!
Regular class price.

INTRO TO MEDITATION
Hosted by Hannah Whistler
Sunday, November 22 · 11am
Yoga Room
Learn simple techniques to relax your mind, focus your breath and cultivate mindfulness in everyday life.
Regular class price.

OCEAN REEF CLUB®
A UNIQUE WAY OF LIFE
KEY LARGO, FLORIDA

FULL MOON & FIRE YOGA
Hosted by Hannah Whistler
Tuesday, November 24 • 6pm
Buccaneer Island
Join us for a Full Moon Glow Flow, an invigorating yoga experience under the rare energy of a full moon followed by a live fire show by Director of Fitness and Wellness, Luis Bracamonte.

$20 for Members • $25 for Guests

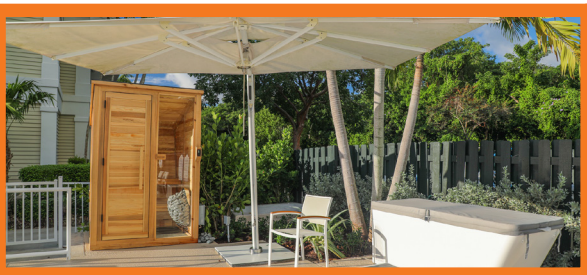
FLOATING SOUND BATH
Hosted by Elisabet Stadelman
Wednesday, November 25 • 5pm
Member Fitness Pool
Experience total relaxation enjoying a sound bath session while floating in the water under the open sky.

$75 for Members • $85 for Guests

MFC CLUB CHAMPIONSHIP: AIRDYNE CHALLENGE
Saturday, November 28 • 9am-1pm
Member Fitness Center
This fitness championship challenge involves pedaling as fast as possible for one minute on the airdyne bike. Results are measured in burned calories. All members are welcome to participate. *Complimentary.*

INTRO TO YOGA
Hosted by Hannah Whistler
Sunday, November 29 • 11am
Yoga Room
Join our Introductory Yoga Workshop for beginners to learn foundational poses, breathing techniques and relaxation methods. Improve flexibility, balance and well-being in a supportive environment. *Regular class price.*







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