March Special Happenings
MEMBER FITNESS CENTER

ASK A TRAINER OPEN GYM TOUR
Hosted by Hannah Whistler
March 2 & 16 · 3pm
Member Fitness Center
Learn how to use any piece of equipment at the Member Fitness Center.
Complimentary.

LIFEBREATH
Hosted by Beth Bielat
Monday, March 2 · 4pm
Yoga Room
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.

FULL MOON YOGA & FIRE
Hosted by Hannah Whistler
Tuesday, March 3 · 6pm
Buccaneer Island
Join us for our second edition of the Full Moon Yoga & Fire. Enjoy a yoga class followed by a fire show under the springtime full moon.
$20.00 for Members and $25.00 for guests.

CLUB FITNESS CHAMPIONSHIP SLED CHALLENGE
Wednesday, March 4 · 9am-12pm
100 Meters for time on the Skill Run sled with 50 lbs. for men and 40 lbs. for ladies.
Complimentary.

FLOATING SOUND BATH
Hosted by Elisabet Stadelman
Thursday, March 12 · 5:30pm
Member Fitness Pool
Experience total relaxation by enjoying a sound bath session while floating in the water under the open sky.
$70.00 for Members and $80.00 for guests.

SHAMROCK 10K & WELLNESS FEST
Saturday, March 14 · 7:30am-12pm
Field at Four Corners
The endurance event of the season is here! Registration is at the MFC Front Desk
Registration is $45.00.

ST. PATRICK'S DAY DANCE CLASS
Monday, March 16 · 11am
Yoga Room
Wear your best green outfit for this holiday themed dance class.
Regular aerobic class pricing applies.

VINYASA VERNAL (SPRING) EQUINOX INTENTIONS FLOW
Hosted by Moorey-Margaret Myers
Wednesday, March 18 · 10am
Yoga Room
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.

ROCK & ROLL SHAKTI YOGA
Hosted by Hannah Whistler
Tuesday, March 24 · 8am
Yoga Room
Rock the stress away with a little namaste. Join yoga specialist Hannah Whistler for this fun blast from the past vinyasa flow that will help the good times roll through our souls. Moderately paced flow with deep core and balance work incorporated.
Regular aerobic class pricing applies.

CLUB FITNESS CHAMPIONSHIP PLANK CHALLENGE
Wednesday, March 25 · 9am-12pm
The last challenge is a test of core endurance. How long can you hold an elbow bent plank?
Complimentary.

STAND TALL POSTURE & BALANCE
Hosted by Hannah Whistler
Thursday, March 26 · 2pm
Fiesta Room
This 1-hour workshop is designed to improve balance, core strength, and overall body awareness. You'll learn practical exercises to enhance your posture, reduce your risk of falls, and move with more confidence and ease. This session is perfect for anyone looking to feel stronger, stand taller, and stay active for the long haul.
$30.00 for Members and $25.00 for guests.

DANCE PARTY
Hosted by Ana & Caitlin
Tuesday, March 31 · 5:30pm
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.

OCEAN REEF CLUB®
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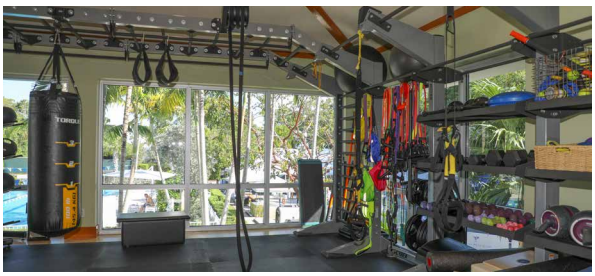
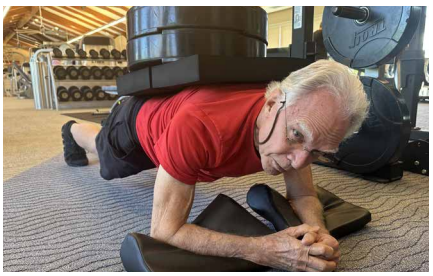

FOR DETAILS & REGISTRATION PLEASE CALL **305-367-5820**