



# February Special Happenings

## MEMBER FITNESS CENTER

### LIFEBREATH

Hosted by Beth Bielat  
Monday, February 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.*

### ASK A TRAINER OPEN GYM TOUR

Hosted by Hannah Whistler  
Monday, February 9 & 16 · 3pm

Learn how to use any piece of equipment at the Member Fitness Center.

*Complimentary*

### VINYASA ALL ABOUT LOVE FLOW

Hosted by Moorey-Margaret Myers  
Wednesday, February 11 · 10am  
Yoga Room

Focus on cultivating self-love, compassion, and kindness through a series of fluid and mindful movements. Fitness instructor, Moorey-Margaret will guide you through a graceful flow that synchronizes breath with movement, allowing you to deepen your practice and find a sense of peace and balance. All levels welcome.

*Regular class pricing applies.*

### CLUB FITNESS CHALLENGE: SKIERG

Wednesday, February 11  
9am-12pm

Ski 500 meters for time on the C2 SkiErg.

*Complimentary.*

### INTRO TO YOGA

Hosted by Hannah Whistler  
Saturday, February 14 · 11am  
Yoga Room

Learn foundational poses, breathing techniques, and relaxation methods to improve flexibility, balance, and overall well-being. Perfect for anyone seeking to enhance their mind-body connection in a welcoming and supportive environment.

*Regular class pricing applies.*

### WELLNESS TALK: STRENGTH AND BALANCE

Hosted by Luis Bracamonte  
Wednesday, February 18 · 3pm  
Fiesta Room

Learn how strength training and balance exercise can help you reduce fall risk, increase resilience, and improve overall health and performance.

*Complimentary.*

### FLOATING SOUND BATH

Hosted by Elisabet Stadelman  
Thursday, February 19 · 5pm  
Member Fitness Pool

Experience total relaxation by enjoying a sound bath session while floating in the water under the open sky.

*\$70 for Members · \$80 for guests*

### STAND TALL POSTURE & BALANCE

Hosted by Hannah Whistler  
Thursday, February 26 · 2pm

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.

*Regular class pricing.*

### OXEFIT TUTORIAL

Saturday, February 28 · 11am  
Functional Training Room

The Oxefit is a smart gym and training system that provides real-time feedback and in-depth analysis of form and performance to reach fitness goals. Learn to take advantage of all its features.

*Complimentary.*



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FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820